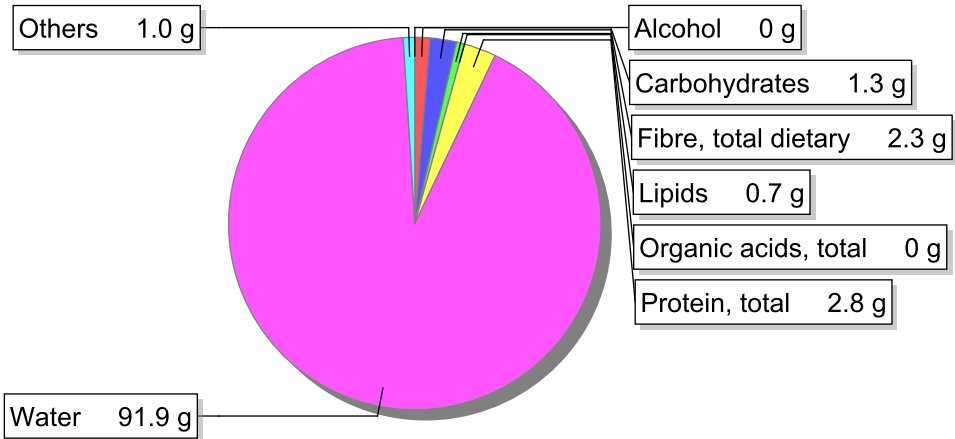


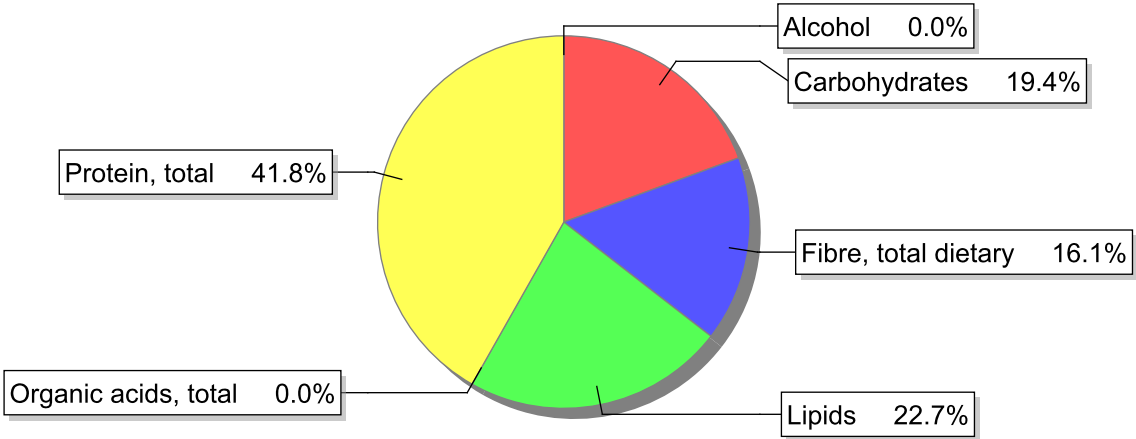
Food

Name: Broccoli, fresh, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS551
FoodEX2 Code: A00FN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	27	kcal	
energy kJ, total metabolisable	114	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.3	g	
fibre, total dietary	2.3	g	
protein, total	2.8	g	
alcohol	0	g	
water	91.9	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	114	µg	
carotene, total (vitamin A precursors)	687	µg	
vitamin D	0	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.06	mg	
riboflavin	0.04	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	18	mg	
folate, total	47	µg	
iodide	2.3	µg	1140
sodium	100	mg	
potassium	240	mg	
calcium	56	mg	
phosphorus	39	mg	
magnesium	12	mg	
iron, total	1	mg	
zinc	0.5	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2