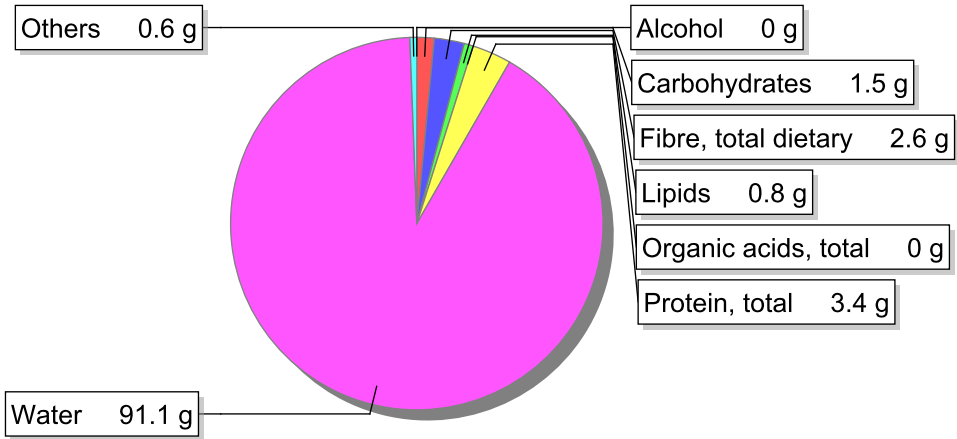


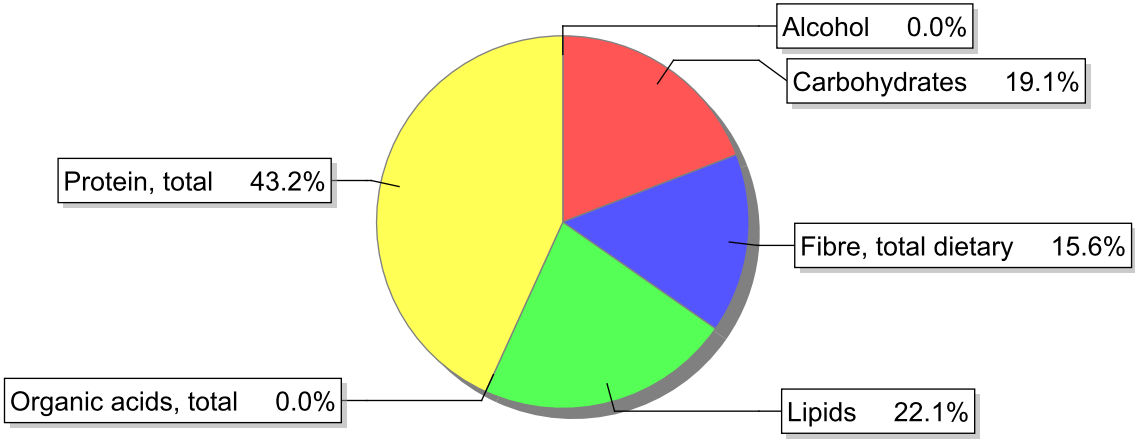
Food

Name: Broccoli, fresh, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 46%
Code: IS550
FoodEX2 Code: A00FN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	32	kcal	
energy kJ, total metabolisable	134	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1.2	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
fibre, total dietary	2.6	g	
protein, total	3.4	g	
alcohol	0	g	
water	91.1	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	178	µg	
carotene, total (vitamin A precursors)	1066	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.1	mg	
riboflavin	0.06	mg	
niacin, preformed	1	mg	
niacin equivalents, total	1.6	mg	
niacin equivalents from tryptophan	0.6	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0	µg	
vitamin C	41	mg	
folate, total	90	µg	
ash	0.97	g	
sodium	8	mg	
potassium	370	mg	
calcium	67	mg	
phosphorus	50	mg	
magnesium	22	mg	
iron, total	1.3	mg	
zinc	0.6	mg	

Legend

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

References