



## IQF BROCCOLI

### NUTRITIONAL DATA PER 100G

(APPROXIMATE – BASED ON USDA NUTRIENT DATABASE)

Water	g	91.46
Calories	kcal	26
Protein	g	2.81
Fat	g	0.29
Saturated Fat	g	0.044
Monounsaturated Fat	g	0.02
Polyunsaturated Fat	g	0.136
Cholesterol	mg	0
Carbohydrates	g	4.78
Sugars	g	1.35
Added Sugars	g	0
Fiber	g	3
Ash	g	0.66
<b>Minerals</b>		
Calcium	mg	56
Iron	mg	0.81
Magnesium	mg	18
Phosphorus	mg	50
Potassium	mg	212
Sodium	mg	24
Zinc	mg	0.48
Copper	mg	0.038
Manganese	mg	0.294
Selenium	µg	2.8
<b>Vitamins</b>		
Vitamin C	mg	56.4
Thiamin	mg	0.053
Riboflavin	mg	0.096
Niacin	mg	0.47
Pantothenic acid	mg	0.279
Vitamin B6	mg	0.13
Folate	µg DFE	67
Vitamin B-12	µg	0
Vitamin A	IU	1034
	µg RAE	52
Carotene, beta	µg	610
Vitamin E	mg	1.22
Vitamin D	µg	0
Vitamin K	µg	81.1

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.

2100 Orestimba Road • Newman, CA 95360 • Tel 209-862-0150 • Fax 209-862-0717

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