Harvest of the Month
Network for a Healthy California

Broccoli

Nutrition Facts

Serving Size: ½ cup cooked broccoli (78g)

Calories 27	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 2g	
Vitamin A 24%	Calcium 3%
Vitamin C 84%	Iron 3%

Other nutrients: Vitamin K (138%), Folate (21%), Vitamin B6 (8%), Potassium (7%), Riboflavin (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11091

CHAMPIONS for CHANGE
Network for a Healthy California

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.
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Harvest of the Month
Network for a Healthy California

Broccoli

Nutrition Facts

Serving Size: ½ cup frozen, chopped, cooked broccoli (92g)

Calories 26	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 3g	
Vitamin A 19%	Calcium 3%
Vitamin C 62%	Iron 3%

Other nutrients: Vitamin K (101%), Folate (13%), Vitamin B6 (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11093

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Harvest of the Month
Network for a Healthy California

Broccoli

Nutrition Facts

Serving Size: ½ cup chopped broccoli, raw (44g)

Calories 15	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

Other nutrients: Vitamin K (56%), Folate (7%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11090

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