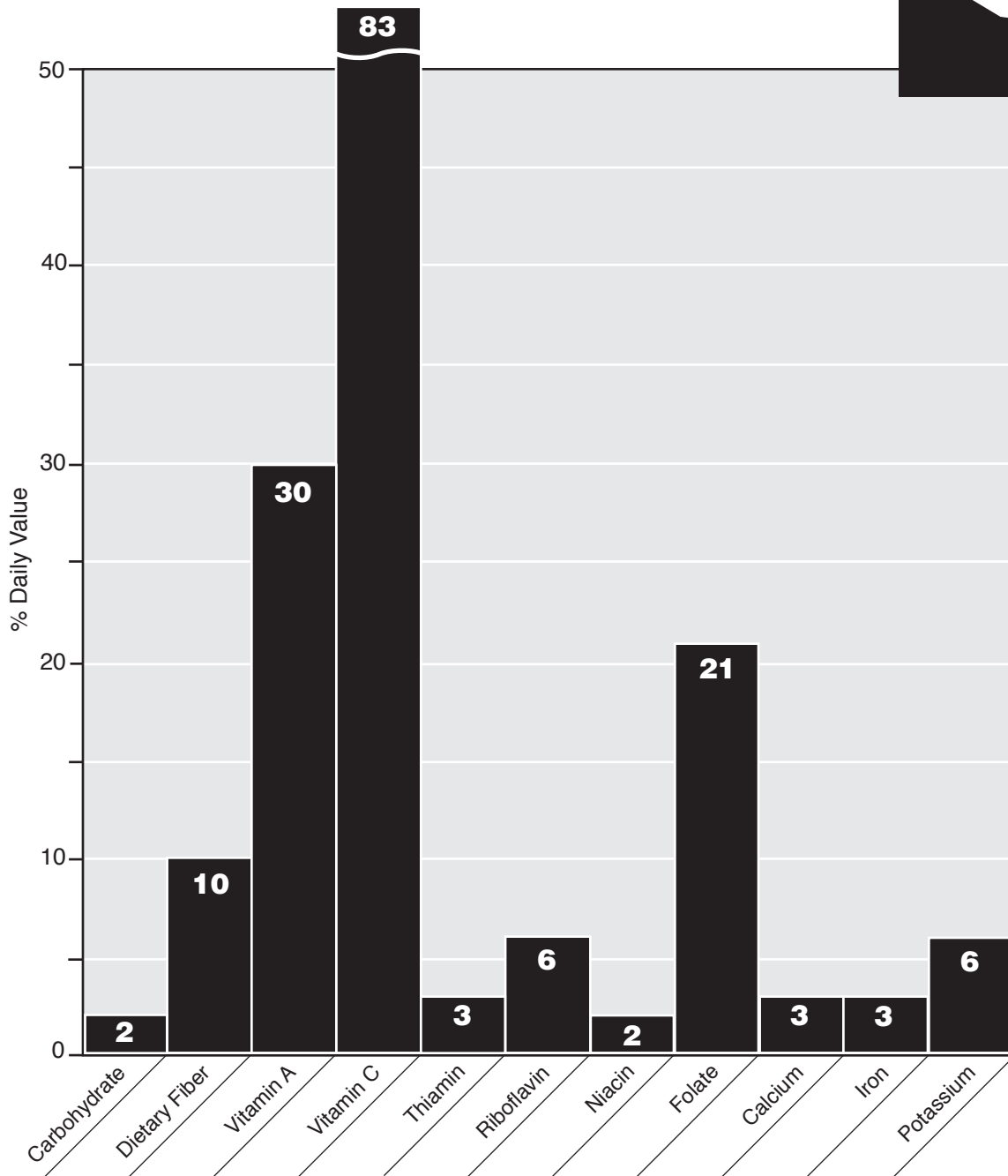


# Broccoli

Brassicaceae *Brassica oleracea* L. var. *italica* L.  
(analysis based on boiled, drained broccoli)



## Serving Size

- 1/2 Cup Chopped
- 77 Grams
- 27 Calories
  - 10% from fat
  - 17% from protein
  - 73% from carbohydrate
- 2 Grams Protein
- 6 Grams Carbohydrate
  - 3 grams dietary fiber
- 0.3 Gram Fat
- 69 Grams Water
- 32 Milligrams Sodium

