



10.4 ounces provides 100 food calories

Total Nutrients Score 762

Rating: Excellent

Broccoli has all minerals, most vitamins, fiber, and is extremely high in ORAC, an anti-cancer measurement.

Vitamin Score 559 Protein Score 58
Mineral Score 120 Fiber Score 25

Caloric Breakdown

Carbohydrates	70%
Proteins	20%
Fats	9%
Alcohol	0%

89% of food's weight is water

Vitamins		Minerals		Proteins 8%		Carbohydrates 7%	
Vitamin A	37%	Calcium	10%	Histidine*	6%	Fiber	25%
Thiamin (B-1)	10%	Copper	7%	Isoleucine*	5%	Sugars, total	9%
Riboflavin (B-2)	12%	Iron	12%	Leucine*	4%	Fats 2%	
Niacin (B-3)	9%	Magnesium	12%	Lysine*	4%	Saturated	1%
Pantothenic acid	17%	Manganese	27%	Methionine*	4%	Trans fats	
Vitamin B-6	21%	Phosphorus	10%	Cystine	2%	Cholesterol	0%
Folate	46%	Potassium	23%	Phenylalanine*	6%	Monounsaturated	0%
Vitamin B-12	0%	Selenium	11%	Tyrosine	2%	Polyunsaturated	1%
Vitamin C	292%	Sodium	4%	Threonine*	6%	Omega-3 fats	0%
Vitamin D		Zinc	8%	Tryptophan*	8%	Omega-6 fats	0%
Vitamin E	15%			Valine*	7%		
Vitamin K	100%						

Financial Cost

At **\$2.44** per pound, the cost of all displayed nutrients is **\$1.58**
Net nutrition per dollar is **478**
61 of purchased food is edible.

Other Components

Beta-carotene	21%
Lycopene	0%
Phytosterols	
Retinol	0%
ORAC	148%
Caffeine	0%

Additional Notes

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

ORAC stands for Oxygen Radical Absorbance Capacity. It is one measure of immune-strengthening, cancer-resisting in foods.