



10.4 ounces provides 100 food calories
89% of this food's weight is water

broccoli

Total Nutrients Score **764**

Rating: Excellent

Caloric Breakdown

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

Broccoli has

Food Scores

Vitamin Score 558 Protein Score 58
 Mineral Score 118 Fiber Score 25%
 Unhealthy Score 14
 Net Food Score 750

Financial Cost

At \$1.49 per pound, cost of all displayed nutrients is \$1.58
 Net nutrition per dollar is 474
 61% of purchased food is edible.
 Cost per edible pound is \$2.44

Vitamins

Vitamin A	37%
Thiamin (B-1)	10%
Riboflavin (B-2)	12%
Niacin (B-3)	9%
Pantothenic acid	17%
Vitamin B-6	21%
Folate	46%
Vitamin B-12	0%
Vitamin C	292%
Vitamin D	
Vitamin E	15%
Vitamin K	100%

Minerals

Calcium	10%
Copper	7%
Iron	12%
Magnesium	12%
Manganese	25%
Phosphorus	10%
Potassium	23%
Selenium	11%
Sodium	4%
Zinc	8%

Proteins **8%**

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	4%
Methionine*	4%
Cystine	2%
Phenylalanine*	6%
Tyrosine	2%
Threonine*	6%
Tryptophan*	8%
Valine*	7%

Carbohydrates **7%**

Fiber	25%
Sugars, total	9%

Fats **2%**

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	1%

Other Components

Alpha-carotene	1%
Beta-carotene	21%
Betaine	0%
Fluorine	
Lycopene	0%
ORAC	148%
Phytosterols	
Retinol	0%

USDA Food Number 11090 Food Group Code 1100

broccoli