

Broccoli

Nutrition Facts

About 4.5 servings per container

Serving size1 1/4 cup (100g)

Amount per serving

Calories40

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 10mg0%

Total Carbohydrate 6g2%

Dietary Fiber 6g23%

Total Sugars 0g

Includes 0g Added Sugars0%

Protein 3g

Vitamin D 0mcg0%

Calcium 20mg2%

Iron 0mg0%

Potassium 316mg9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

*Nutritional Values based on the FDA.