Broccoli Nutrients

Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium, fiber.

* **Vitamin K** – essential for the functioning of many proteins involved in blood clotting
* **Vitamin C** – builds collagen, which forms body tissue and bone, and helps cuts and wounds heal. Vitamin C is a powerful antioxidant and protects the body from damaging free radicals.
* **Fiber** – diets high in fiber promote digestive health. A high fiber intake can also help lower cholesterol.
* **Potassium** – a mineral and electrolyte that is essential for the function of nerves and heart contraction.
* **Folate** – is necessary for the production and maintenance of new cells in the body.