



IQF Broccoli

ITEMS: Florets/Stalk

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

Nutrient	Units	<u>Value per 100 grams</u>
Water	gms	91.46
Calories	kcal	26.00
Protein	gms	2.81
Fat*	gms	0.29
Carbohydrates	gms	4.79
Sugars	gms	2.00
Fiber	gms	3.00
Ash	gms	0.66
Calcium	mg	56.00
Iron	mg	0.81
Magnesium	mg	18.00
Phosphorus	mg	50.00
Potassium	mg	212.00
Sodium	mg	24.00
Zinc	mg	0.48
Ascorbic Acid	mg	56.40
Thiamin	mg	0.05
Riboflavin	mg	0.10
Niacin	mg	0.47
Pantothenic	mg	0.28
Vitamin B6	mg	0.13
Folacin	mcg	67.00
Vitamin A	IU	2066.00
<u>*Fat Analysis</u>	Saturated	15 %
	Monounsaturated	7 %
	Polyunsaturated	47 %
	Other	31 %

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.