

Broccoli

Nutrition Facts

Broccoli

Serving Size ½ cup (78g)

Amount Per Serving

Calories 22

Calories from Fat 0

% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Protein 2g	4%
Vitamin A	22%
Vitamin C	97%
Calcium	4%
Iron	4%

Get **less** of these nutrients.

5 percent daily value is low

20 percent daily value is high

Get **more** of these nutrients.

20 percent daily value is high

5 percent daily value is low