

Ingredient Number :011090
Ingredient Description :Broccoli, Raw, Bunch, USDA
Class :BID 2017-18
Source :USDA Nutrient Data Base

Date Added :01/31/1994
 Date Modified :03/09/2016

Measurements

Measurement	Weight	O/G	Measurement	Weight	O/G
LB	16	OZS.	NLEA serving	148	GRAMS
bunch	608	GRAMS	CUP, chopped/diced	88	GRAMS
spear (about 5" long)	31	GRAMS	CUP, flowerets	2.5045	OZS.
stalk	151	GRAMS	LB, chopped	16.0000	OZS.
.5 CUP, chopped/diced	44	GRAMS	LB RAW	16.0000	OZS.
CUP, chopped	91	GRAMS			

Nutrients

Per 100 Grams

Calories	34.00 kcal	Cholesterol	0.00 mg	Protein	2.82 g	Calcium	47.00 mg
Total Fat	0.37 g	Sodium	33.00 mg	Sugars	1.70 g	Iron	0.73 mg
Saturated Fat	0.04 g	Carbohydrate	6.64 g	Vitamin A	623.00 IU	Water ¹	89.30 g
Trans. Fat ²	0.00 g	Dietary Fiber	2.60 g	Vitamin C	89.20 mg	Ash ¹	0.87 g

(*N/A* - denotes missing nutrient values)

(¹ - denotes optional nutrient values.)

(² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.)

Purchase Information

Manufacturer Name : BLISS CHARLES G
 Product Number : 14Bu/22# 3-2018

Purchase Unit Description : CASE
 Stock Unit Description : LB RAW
 Stock Units Per Purchase Units : 22
 Available as commodity :
 Interface Ingredient Number :

Market Cost Per Purchase Unit \$: 28.0000
 Commodity Value \$: 0.0000

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.