

Nutrition Facts

Broccoli

Serving size (100g)

Amount Per Serving

Calories

30

www.ihcare.ae

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 65mg **4%**

Iron 0.9mg **4%**

Potassium 0mg **0%**

Vitamin A **60%**

Vitamin C **160%**

*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.