

# Arlington School District

**000755 - BROCCOLI,raw: fresh 1/2 CUP :**

HACCP Process: No HACCP Process

Number of Portions: 1

Size of Portions: 1/2 CUP

Alternate Recipe Name:

BROCCOLI

011090 BROCCOLI,RAW.. 1/2 CUP (chopped)

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	15 kcal	Cholesterol	0 mg	Sugars	0.8 g	Calcium	21.39 mg	9.79%	Calories from Total Fat
Total Fat	0.17 g	Sodium	15 mg	Protein	1.28 g	Iron	0.33 mg	3.02%	Calories from Sat Fat
Sat Fat	0.05 g	Carbs	3.02 g	Vitamin A	283.5 IU	Water <sup>1</sup>	40.63 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	D. Fiber	1.18 g	Vitamin C	40.6 mg	Ash <sup>1</sup>	0.40 g	78.12%	Calories from Carbs
								33.18%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.