



**REDUCED MOISTURE<sup>(TM)</sup> Broccoli**

ITEMS: 460, 465

**NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)**

<b>Nutrient</b>	<b>Units</b>	<b><u>Value per 100 grams</u></b>
Water	gms	81.00
Calories	kcal	38.36
Protein	gms	3.98
Fat*	gms	1.02
Carbohydrates	gms	10.02
Sugars	gms	5.25
Fiber	gms	7.02
Ash	gms	0.98
Calcium	mg	10.42
Iron	mg	4.32
Magnesium	mg	47.75
Phosphorus	mg	69.20
Potassium	mg	490.25
Sodium	mg	8.22
Zinc	mg	0.45
Ascorbic Acid	mg	325.56
Thiamin	mg	0.15
Riboflavin	mg	0.08
Niacin	mg	0.95
Pantothenic	mg	0.14
Vitamin B6	mg	0.35
Folacin	mcg	40.10
Vitamin A	IU	4502.52
<u>*Fat Analysis</u>	Saturated	10 %
	Monounsaturated	7 %
	Polyunsaturated	51 %
	Other	32 %

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. Values are calculated from ADOGA, USDA and Esha Research for high solids onions.