

A-STEAMED BROCCOLI

 1 half cup

INGREDIENTS

- 1/2 cup, chopped of broccoli, cooked, boiled, drained, without salt (78 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER HALF CUP (78 g)	% DRI
ENERGY	35 kcal	27 kcal	1 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	41 mg	32 mg	1 %
CARBOHYDRATE	7 g	6 g	2 %
SUGARS	1 g	1 g	—
FIBER	3 g	3 g	10 %
PROTEIN	2 g	2 g	—