

Broccoli



The dark green broccoli plant has a firm stalk and branching arms that end in heads of florets. Broccoli heads are actually groups of buds that are almost ready to flower; each group of buds is called a **floret**.

The name broccoli comes from the Latin word brachium, which means "arm" or "branch," or the Italian word broccolo, which means "cabbage sprout." Broccoli is a member of the Brassicaceae family of plants, which also includes cauliflower, kale, cabbage, collards, turnips, rutabagas, Brussels sprouts and Chinese cabbage.



Vegetables from the Brassicaceae family all share a common feature. Their four-petaled flowers bear the resemblance to a Greek cross, which explains why they are frequently referred to as crucifers or **cruciferous vegetables**.

One half cup of raw or cooked broccoli counts as one serving of vegetables and contains just 15 calories. A serving of broccoli is a good source of **Vitamin C** and **Vitamin K**. Broccoli contains carotenoids and flavonoids, phytochemicals that fight to protect your health!



Broccoli rows at Smith's Farm in Presque Isle, Maine

Nutrition Facts			
Serving Size 1 medium stalk (148g)			
Amount Per Serving			
Calories 45	Calories from Fat 0		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 80mg	3%		
Total Carbohydrate 8g	3%		
Dietary Fiber 3g	12%		
Sugars 2g			
Protein 4g			
Vitamin A 6%	Vitamin C 220%		
Calcium 6%	Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4