

# nutrients facts

## broccoli

serving size: 3 oz (3 pads)

### diet friendly

vegetarian, vegan, paleo, keto,  
low-carb

### absolutely NO

no GMO's, no herbicides or  
pesticides, no artificial colors,  
flavors, preservatives or  
sweeteners, no gluten, no dairy,  
no corn, egg or peanuts, no  
animal byproducts, no lactose,  
sucrose or dextrose

	amount per serving	% DV
<b>vitamins</b>		
vitamin A	21 µg	3%
vitamin B1	0.05 mg	5%
vitamin B2	0.0659 mg	6%
vitamin B3	0.689 mg	6%
vitamin B6	0.125 mg	10%
vitamin B8	2.62 µg	9%
folate	33.1 µg	11%
vitamin C	24.1 mg	25%
vitamin D2	0.25 µg	1%
vitamin D3	0.25 µg	1%
vitamin E	0.252 mg	2%
vitamin K1	36.5 µg	61%
vitamin B5	0.161 mg	3%
<b>amino acids</b>		
choline	31.3 mg	8%
<b>minerals</b>		
calcium	65 mg	9%
iron	0.73 mg	7%
potassium	250 mg	6%
magnesium	45 mg	15%
manganese	0.7 mg	35%
sodium	36 mg	2%
phosphorus	73 mg	10%
zinc	0.37 mg	5%
lutein	1.98 mg	33%
<b>heavy metals</b>		
copper	0.05 mg	5%