

Broccoli Nutrition Facts



One cup of raw broccoli (91g) provides 31 calories, 6 grams of carbohydrates, 2.4 grams of fiber, 2.5 grams of protein, 0.3 grams of fat, and 30mg of sodium. Broccoli is low in calories and rich in vitamins including vitamin C and vitamin K. It contains fiber and essential nutrients like folate and potassium.

- Calories: 31
- Fat: 0.3g
- Carbohydrates: 6g
- Fiber: 2.4g
- Sodium: 30mg
- Protein: 2.5g

Broccoli Health Benefits

Promotes Heart Health

Cruciferous vegetables, like broccoli, have been linked to better heart health and a reduced risk for cardiovascular disease and stroke.



May Support Weight Loss

Broccoli is high in fiber, which can help reduce cholesterol, promote bowel health, regulate blood sugars, and aid in weight loss. Eating foods high in fiber can help you feel fuller longer after eating.



Provides Cell Protection

Broccoli contains high levels of antioxidant phytonutrients, which help fight free radicals that cause cell damage, inflammation, and disease.



May Reduce the Risk of Cancer

Eating higher amounts of cruciferous vegetables, like broccoli, may reduce the risk of certain types of cancer, including prostate, lung, colon, and breast cancer.

