

Health benefits of Broccoli

- Broccoli shares these [cancer](#) fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, [Brussels](#) sprouts and cabbage.
- Like many whole foods, broccoli is packed with soluble fiber that draws cholesterol out of your body.
- Research has shown the ability of kaempferol to lessen the impact of allergy-related substances on our body. Broccoli even has significant amounts of omega 3 fatty acids, which are well know as an anti-inflammatory.
- Of all the cruciferous vegetables, broccoli stands out as the most concentrated source of vitamin C, plus the flavonoids necessary for vitamin C to recycle effectively. Also concentrated in broccoli are the carotenoids lutein, zeaxanthin and beta-carotene, other powerful antioxidants.
- Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.
- The anti-inflammatory properties of sulforaphane, one of the isothiocyanates (ITCs) in broccoli, may be able to prevent (or even reverse) some of the damage to blood vessel linings that can be caused by inflammation due to chronic blood sugar problems.

Broccoli is a good carb and is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating.

Principle	Nutrient Value	Percentage of RDA
Energy	34 Kcal	1.5%
Carbohydrates	6.64 g	5%
Protein	2.82 g	5%
Total Fat	0.37 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.60 g	7%
Vitamin A	623 IU	21%
Vitamin C	89.2 mg	149%
Vitamin E	0.17 mg	1.5%
Vitamin K	101.6 µg	85%
Calcium	47 mg	5%
Copper	0.049 mg	5.5%
Iron	0.73 mg	9%
Magnesium	21 mg	5%
Manganese	0.210 mg	9%
Selenium	2.5 µg	5%
Zinc	0.41 mg	4%
Zinc	0.60 mg	5.5%

