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Broccoli florets nutrition information

Broccoli is a crucify vegetable that belongs to the genus brassica of plants. It is a kind of flower and has a thick, central stem with grayish-green leaves and green flowers (there are some purple varieties). It is versatile and easy to find in most grocery stores. Broccoli is considered one of the most nutritious vegetables and, when cooked properly, can really be a delicious addition to any meal plan. The following nutritional information is provided by the USDA for a cup (91g) of raw, chopped broccoli. Calories: 31Fat: 0.3gSodium: 30mgCarbohydrates: 6gFiber: 2.4gSugars: 1.5gProtein: 2.5g A cup of raw, chopped broccoli contains only 31 calories, 6 grams of carbohydrates, and very little sugar (1.5 grams). More than a third of the carbohydrates found in broccoli come from fiber (2.4 grams), making it a filling, heart-healthy food choice. The glycaemic index (GI) for broccoli is 10. The glycaemic index is an estimate of how a food affects your blood sugar levels. Broccoli is a low GI food, which means it has little effect on blood sugar levels. Broccoli has only a trace of fat and is cholesterol-free. It does, however, contain a small amount of omega-3 fatty acids, in the form of alpha-linolenic acid (ALA). Eating two cups of broccoli delivers almost 0.5 grams of this anti-inflammatory fatty acid. For a vegetable, broccoli has a significant amount of protein, 2.5 grams per serving of a cup. But you still need to include other sources of protein in your diet to meet your daily needs. Broccoli is full of vitamins and minerals. It is an excellent source of immuno-assisted vitamin C, providing over 81mg, or about 135% of your daily needs. It is also an excellent source of vitamin K, important for bone health and wound healing. You will consume 116% of your daily recommended intake in a cup serving of broccoli. It is also a very good source of vitamin B folic acid, and a good source of vitamin A, manganese, potassium, and other B vitamins. Minerals in broccoli include manganese, potassium, and phosphorus. Broccoli is associated with various health benefits. With only 31 calories a cup, broccoli is a popular addition to the dishes of those who wish to lose weight. It is high in fiber, with a cup providing about 9% of the recommended daily value. Fiber, the indigestible part of carbohydrates, can help lower cholesterol, promote gut health, regulate blood sugars, and aid in weight loss. Eating foods high in fiber helps you feel full more after eating. Studies have shown that consumption of a fiber-rich diet is associated with a lower risk for type 2 diabetes. According to a study of 99,826 women, those with the highest fiber intake had the lowest risk of diabetes. The authors of the study attribute this health benefit to the fact that fiber foods need more time to consume and provide greater saturation. Other studies have shown that broccoli sprouts can improve insulin resistance in patients with type 2. Numerous studies have linked a higher intake of cruciferous vegetables to better heart health, including a reduced risk for cardiovascular disease, ischemic heart disease, cerebrovascular disease, and stroke. In these studies, broccoli, Brussels sprouts, cabbage and cauliflower were the most common vegetables grouped together as crucify vegetables. This may be one of the many reasons the American Heart Association includes broccoli in their healthy eating pattern that emphasizes vegetables, fruits and whole grains. Some studies show that eating higher amounts of crucify vegetables such as broccoli, cabbage, cauliflower, Brussels sprouts and cabbage can reduce the risk of certain types of cancer. Some studies show that eating higher amounts of crucify vegetables such as broccoli, cabbage, cauliflower, Brussels sprouts and cabbage can reduce the risk of certain types of cancer. , including prostate, lung, and breast cancer. In addition, diets that are higher in fiber are associated with a reduced risk of colon cancer. Broccoli is also one of the foods with high levels of antioxidant phytonutrients on a per calorie basis. Antioxidants help fight free radicals that cause cell damage that can lead to inflammation and disease. Broccoli food allergies are very rare, but isolated cases have been reported. There have been reports of food-pollen syndrome if you have hay fever due to pollen mugwort. Broccoli, cabbage, and related vegetables have proteins similar to those in mugwort pollen and can cause a reaction when you eat them. You may feel a tingling in your lips and tongue. In extremely rare cases, this can proceed to swollen throat or anaphylaxis. Broccoli is high in vitamin K and eating large amounts or making sudden changes in the amount consumed can affect the efficacy and safety of Coumadin (warfarin) and reduce the effect of blood thinning. While for Coumadin (warfarin), vitamin K intake should be consistent. Talk to a registered dietitian or your healthcare provider for more information. There are many varieties of broccoli although your local grocery store is not likely to bring all of them. Most markets stock Calabrese broccoli, destiny broccoli, and belstar broccoli. These are the types of broccoli with thick stems and bright green florets. Broccoli is becoming more and more popular. This variety has longer, thinner stems and tall, narrow flowers. Broccoli raab (rapini) can also be found in many markets, although it looks like with broccoli. This variety is bright green and leafy and is technically a member of the turnip family. You are less likely to find varieties like Romanesco broccoli, which has pointy florets and a greenish-yellowish color. Fresh broccoli is available all year round, although it is in season from October to April. If there is no fresh broccoli on your market, most supermarkets sell frozen broccoli that can be just as nutritious as fresh broccoli. To choose the best broccoli, look for tight, deep green buds and a firm stem. Avoid broccoli with a soft or flexible stem or yellowish-florets. To store the broccoli, place it in the refrigerator for 2-3 days. Remove from the production bag to allow ventilation. Keep the vegetable dry until you are ready to cook with it. You can freeze broccoli, but most cooks whiten it or vapor first. Cook for only 2-3 minutes, then dip in cold water to stop the cooking process. Store in airtight bags in the freezer for up to a year. People often wonder if they can eat all the vegetables, including stem thickness. Broccoli heads, or flowers on top, and the attached stem are the edible parts of the plant. Just be sure to cut the bottom one to two inches, which can be hard and woody. Some people worry about the smell of broccoli and wonder if the smell indicates that broccoli has gone bad. However, this is not the case. Broccoli contains a group of substances known as glycosinols, which are chemicals containing sulfur. These substances give broccoli its spicy smell. Placing a piece of bread at the bottom of the pot when cooking is said to help absorb odors. Broccoli can be eaten raw, such as crudite or slaw, or can be prepared using a variety of cooking methods. Steam, s auté, or roast to compliment your main meal or use the stems to make soup. Avoid excessive cooking, as it will not only make it less visually appealing, but will reduce the availability of vitamins and minerals. You can maintain a beautiful green hue by bleaching your broccoli first-it will not only enhance the color of broccoli, but will help soften the stems. Bleaching broccoli can also help reduce bitterness. Bleaching is a cooking technique in which food is briefly immersed in salted boiling water (about 30 seconds) and then cooled quickly in iced water. You can eat broccoli around the clock. Take a dose of veggie in the morning by adding broccoli to egg dishes or use it as a base or side dish for a low-carb dinner. Main information: Broccoli Florets Frozen - President's Choice 1/2 cup 30.0 calories 5.0 grams carbohydrates 0 grams fat 3.0 grams protein 2.0 grams vegetable 0 mg cholesterol 0 grams saturated fat 10.0 mg sodium 0 grams sugar 0 grams trans fat Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a small referral bonus. If you click them, thank you! Written by Adda Bjarnadóttir, MS, RDN (I) on May 10, 2019Broccoli (Brassica oleracea) is a crucify vegetable associated with cabbage, cabbage, cauliflower, and Brussels sprouts. These vegetables are known for their health effects. Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. It also boasts more protein than most other vegetables. This green veggie can be enjoyed both raw and cooked, but recent research shows that gentle steam provides the most health benefits (1, 2). This article tells you everything you need to know about broccoli. The share in PinterestRaw broccoli contains almost 90% water, 7% carbohydrates, 3% protein and almost no fat. Broccoli is very low in calories, providing only 31 calories per cup (91 grams). Teh Teh facts about 1 cup (91 grams) of raw broccoli are (3):Calories: 31Water: 89%Protein: 2.5 gramsCarbams: 6 gramsSgar: 1.5 gramsFiber: 2.4 gramsFat: 0.4 grams Fruit Carbohydrates Broccoli consists mainly of fiber and sugars. Sugars are fructose, glucose and sucrose, with small amounts of lactose and maltose (4). However, the total carbohydrate content is very low, with only 3.5 grams of digestible carbohydrates per cup (91 grams). FiberFiber is an important part of a healthy diet. It can promote gut health, help prevent various diseases, and help weight loss (5, 6). One cup (91 grams) of raw broccoli provides 2.3 grams of fiber, which is about 5-10% of the daily value (DV) (7). SUMMARY Broccoli is low in digestible carbohydrates, but provides a decent amount of fiber, which promotes gut health and can reduce the risk of various diseases. Proteins are the building blocks of your body, essential for both growth and maintenance. Broccoli is relatively high in protein, which makes up 29% of its dry weight, compared to most vegetables. However, due to its high water content, 1 cup (91 grams) of broccoli provides only 3 grams of protein. SUMMARY Broccoli is higher in protein than most vegetables. That said, the amount of protein in each serving is relatively low. Broccoli contains a variety of vitamins and minerals, including (8, 9, 10, 11, 12, 13):Vitamin C. An antioxidant, this vitamin is important for immune function and skin health. A 1/2-cup (45-gram) serving of raw broccoli provides nearly 70% of dv Vitamin K1. Broccoli contains high amounts of vitamin K1, which is important for blood clotting and can promote bone health. Folic acid (vitamin B9). Particularly important for pregnant women, folic acid is necessary for normal tissue growth and cell function. Potassium. An essential mineral, potassium is beneficial for controlling blood pressure and preventing heart disease. Manganese. This trace element is found in high quantities in whole grains, legumes, fruits and vegetables. Iron. A necessary mineral, iron has many important functions in your body, such as transferring oxygen to red blood cells. Broccoli also contains many other vitamins and minerals in smaller quantities. In fact, it provides just about every nutrient you need. SUMMARY Broccoli is high in many vitamins and minerals, including folic acid, potassium, manganese, iron, and vitamins C and K1. Broccoli is rich in antioxidants and plant compounds, which contribute to its health benefits. These include (14, 15, 16, 17, 18, 19, 20):Sulforafahan. One of the most abundant and extensively studied plant compounds in broccoli, sulforafane can protect against various types of cancer. Indole-3-carbinol. A unique nutrient found in crucify vegetables, this compound can help fight cancer. Carotenoids. Broccoli contains lutein, zeaxanthin, and 2-carotene, which can contribute to better eye health. Caerferin. An antioxidant with many health benefits, this compound can protect against heart disease, cancer, inflammation, and This antioxidant has many benefits, including lowering blood pressure in people with high levels. BROCCOLI SUMMARY is high in many plant compounds that have been associated with health benefits. The most abundant is sulforafane. Crucify vegetables such as broccoli provide sulfur-containing compounds that are responsible for their often spicy taste (21). These bioactive compounds can have many health benefits. Cancer preventionOxal is characterized by the rapid development of abnormal cells and is often associated with oxidative stress (22). Broccoli is loaded with compounds that are believed to protect against cancer. Observational studies show that eating crucify vegetables, including broccoli, is associated with a reduced risk of many cancers, including lung, colon, breast, prostate, pancreas, and gastric cancer (23, 24, 25, 26). A unique family of plant compounds called isothiocyanates puts cruciferous vegetables in addition to other vegetables. Studies show that isothiocyanates affect liver enzymes, reduce oxidative stress, reduce inflammation, stimulate your immune system and fight the development and development of cancer (27, 28, 29). The main isothiocyanate in broccoli, sulforafane, acts against the formation of cancer at the molecular level by reducing oxidative stress (16, 30, 31). Sulforaphane occurs in 20-100 times higher amounts in young broccoli sprouts than in full grown heads of this vegetable (32). Although broccoli supplements are also available, they cannot contribute an equivalent amount of isothiocyanates and thus cannot give the same health benefits as eating whole, fresh broccoli (33, 34). Lower cholesterol levelsCholesterol has many important functions in your body. For example, it is a key factor in the formation of bile acids, which help you digest fat. Bile acids are formed in your liver, stored in your gallbladder, and released into your digestive system every time you eat fat. Bile acids are then absorbed into your blood and reused. Substances in broccoli are associated with bile acids in your gut, increasing their excretion and preventing their reuse (35). This results in the synthesis of new bile acids from cholesterol, reducing the overall levels of this index in your body. This effect has been linked to a reduced risk of heart disease and cancer (2). According to one study, steamed broccoli is particularly useful for lowering cholesterol levels (2). Eye healthSight disorder is a common consequence of aging. Two of the main carotenoids in broccoli, lutein and zeaxanthin, are associated with a reduced risk of disorders age-related mesh (36, 37). Vitamin A deficiency can cause nighttime blindness, which can be reversed with improved vitamin A status (38). Broccoli contains 2-carotene, which your body converts into vitamin A. This vegetable can thus enhance vision in people with low vitamin A intake. SUMMARY Broccoli isothiocyanates can improve many risk factors for the disease and reduce risk of cancer. In addition, this vegetable can help lower cholesterol and enhance eye health. Broccoli is usually well tolerated, and allergy is rare. However, it is worth mentioning certain considerations. Thyroid problemsBrain is considered goitrogen, which means that high amounts can damage the thyroid gland in sensitive individuals. Cooking this vegetable over high heat can reduce these effects (40). AnticoagulantsInables taking the anticoagulant warfarin should consult their health care professional before increasing broccoli intake, because its high vitamin K1 content may interact with this medicine (41). SUMMARY Broccoli is usually well tolerated. Still, it may have side effects on the thyroid in some people and may affect the blood thinning drug. Broccoli is one of the most popular vegetables in the world. It is easy to prepare and edible both raw and cooked. It is high in many nutrients, including a family of plant compounds called isothiocyanates, which can have many health benefits. It is also a decent source of fiber and higher in protein than most other vegetables. If you are looking for a health boost, consider adding this crucify vegetable to your diet today. Today.

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