



Broccoli *Brassica oleracea var. italica*



Other names	Italian Broccoli, Calabrese (<i>from Calabria, Italy where broccoli was first cultivated</i>)
Description	Broccoli is a plant of the Cabbage family, Brassicaceae (formerly Cruciferae or 'Cruciferous'). Both its fleshy green flower heads and thick crunchy stalk are the most commonly eaten parts although the leaves and sprouted seeds are becoming more popular. Broccoli's unique and pungent smell comes from its high sulphur content.
Part/s used	Sprout, Flower, Leaves
Nutrients	High in soluble fibre, selenium, vitamins A, C, K & many of the B complex. Is a good source of calcium, iron, magnesium, potassium, chromium and zinc. In sprout form broccoli has even higher levels of these essential nutrients and is an extremely valuable source of digestive enzymes.
Phytochemicals	Beta-carotene, lutein, glucosinolates, (such as sulforaphane)
Medicinal properties	Broccoli is known to be high in antioxidant and anti-cancer compounds. There is also research suggesting that the lutein found in broccoli can protect the eye from macular degeneration. Consuming broccoli regularly is also beneficial to skin health and its appearance.
Other facts	The name broccoli comes from the Latin ' <i>brachium</i> ' (meaning 'arm') and from the Italian ' <i>broccolo</i> ' (the diminutive of ' <i>brocco</i> ', meaning <i>branch, shoot, stalk or 'little sprout'</i>). Many of the essential nutrients in broccoli are easily lost through the cooking process and many nutritionists encourage eating it raw to receive more of the health benefits. Unfortunately its strong flavour deters many from doing this. Broccoli is thought to have first been identified in Ancient Rome. Its popularity and availability in the world is closely linked to the pattern of Italian migration especially throughout the 1920s - 1950s.

Broccoli, raw (edible parts), Nutritional value per 100 g (3.5 oz)	
Energy	30 kcal 140 kJ
Carbohydrates	6.64 g
- Sugars	1.7 g
- Dietary fibre	2.6g
Fat	0.37 g
Protein	2.82 g
Water	89.30g
Vitamin A equiv.	31 µg 3%
- β-carotene	361 µg 3%
Thiamin (Vit. B1)	0.071 mg 5%
Riboflavin (Vit. B2)	0.117 mg 8%
Niacin (Vit. B3)	0.639 mg 4%
Pantothenic acid (B5)	0.573 mg11%
Vitamin B6	0.175 mg 13%
Folate (Vit. B9)	63 µg 16%
Vitamin C	89.2 mg 149%
Calcium	47 mg 5%
Iron	0.73 mg 6%
Magnesium	21 mg 6%
Phosphorus	66 mg 9%
Potassium	316 mg 7%
Zinc	0.41 mg 4%
Percentages are relative to US recommendations for adults. based on the USDA Nutrient database	