Nutrition Facts

One Serving Broccoli (148 grams, about 1.5 cups)

- Excellent source of vitamin A (20% DV)
- Excellent source of vitamin K (190% DV)
- Good source of potassium (13% DV)
- Good source of riboflavin (10% DV)
- Good source of manganese (15% DV)

- 50 calories
- Excellent source of vitamin C (220% DV)
- Excellent source of folate (25% DV)
- Good source of fiber (16% DV)
- Good source of vitamin B6 (15% DV)

Dole Recipe: Chicken & Broccoli Panini

(More recipes available at dole.com)

Serves: 4          Prep Time: 15 minutes

Ingredients:
1  tablespoon olive oil
½ teaspoon chopped garlic
¼ teaspoon chopped dried rosemary
Salt to taste
4 (4-inch) whole-wheat ciabatta rolls, sliced in half, lengthwise

8 ounces cooked chicken, thinly sliced
1 cup DOLE® Broccoli florets, cooked
1 peach, pitted and thinly sliced
1¼ cups DOLE Spring Mix
3 ounces shredded reduced-fat mozzarella cheese

Directions:
1. Preheat panini grill to high. Combine olive oil, garlic, rosemary and salt. Brush on the inside of the rolls.
2. Equally divide chicken, broccoli, peaches, spring mix and cheese between rolls.
3. Press sandwiches in the grill until crusts lightly brown and crisp. Remove and cut in half. Serve warm or enjoy at room temperature.

Simply Delicious Broccoli

Preparing broccoli is easy, and the result is nutritious and delicious. Try these 4 simple ways to make broccoli:

- Steamed and sautéed with tomatoes, garlic and chives
- Roasted with lemon juice and Parmesan cheese
- Sautéed with oyster sauce
- Blanch and dipped in light ranch dressing
Institutions worldwide have studied broccoli and its important nutrients. Here are a few relevant studies and nutrition talking points:

**Sulforaphane, found in broccoli, may be beneficial for vascular disease.**


**Sulforaphane, found in broccoli, may be beneficial for brain health.**


**Broccoli is an excellent source of vitamin C, an antioxidant nutrient that can counteract free radicals that damage the eyes and cause cataracts (clouding) in the ocular lens.**


**Broccoli is an excellent source of vitamin K, a nutrient that may help regulate blood sugar levels in people with diabetes.**


**Sulforaphane may help inhibit breast cancer cells.**


**Eating broccoli has been linked with reduced risk of prostate cancer.**


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**Tweets**

#DYK #broccoli is a good or excellent source of 9 different nutrients

Step aside OJ! #Broccoli packs 220% DV vitamin C in one serving

Blanching #broccoli before eating helps tame its raw flavor. Enjoy w/ hummus or dip

Try adding finely chopped #broccoli to salads for extra crunch & nutrition

Eat #broccoli all day! Try in omelets at breakfast, in salads at lunch & w/ pasta at dinner

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**Observances**

March 22: We Love Broccoli Day