



# Broccoli



## Nutrition Facts

1 Stalk (148g):

- 40 Calories
- Good source of Fiber (11%)
- Good source of Potassium (10%)
- Excellent source of Vitamin A (25%DV)
- Excellent source of Vitamin C (150%DV)
- Excellent source of Folate (25%DV)
- Good source of Vitamin B6 (10%DV)

## Dole Recipe: Broccoli and Parmesan Gratin

(More recipes available at Dole.com)



Serves: 4      Prep Time: 10 minutes      Cook Time: 15 minutes

### Ingredients:

- 4 cups DOLE® Broccoli, cooked
- 1/8 teaspoon freshly grated nutmeg
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon grated Parmesan cheese
- 1/2 cup fresh whole-wheat bread crumbs

### Directions:

- Preheat oven to 350°F.
- Place the cooked broccoli into an oven-proof dish, sprinkle with nutmeg and black pepper.
- Combine the cheese and breadcrumbs in a small bowl, then lightly scatter the breadcrumb mixture over the broccoli.
- Bake for 15 minutes until contents are warm and the breadcrumbs have turned golden brown, remove from the oven and serve.

## Nutrition Facts

servings per container  
Serving size **One stalk (148g)**

Amount per serving  
**Calories 40**

Calories from Saturated Fat 0

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 40mg **2%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vit. D 0mcg 0% • Calcium 71mg 6%

Iron 1mg 6% • Potas. 481mg 10%

Vit. A 222mcg 25% • Vit. C 138mg 150%

Riboflavin 0.2mcg 15% • Niacin 2mg 15%

Folate 105mcg 25%

Manganese 0.3 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Fun Facts

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



Blanched and dipped in light ranch dressing

## Research

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.

*Activation of NF-E2-Related Factor-2 Reverses Biochemical Dysfunction of Endothelial Cells Induced by Hyperglycemia Linked to Vascular Disease.* Mingzhan Xue, Qingwen Qian, Antonysunil Adaikalakoteswari, Naila Rabbani, Roya Babaei-Jadidi and Paul J. Thornalley. *Diabetes*. Volume 57, Issue 10, 2809-2817, October 2008.

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

*Enhancing expression of Nrf2-driven genes protects the blood brain barrier after brain injury.* Zhao J, Moore AN, Redell JB, Dash PK. *J Neurosci*. Volume 27, Issue 38, 10240-8, September 2007.

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.

*Association of vitamin C with the risk of age-related cataract: a meta-analysis.* Lin Wei, Ge Liang, Chunmei Cai and Jin Lv. *Acta Ophthalmologica*, March 2015.

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

*Phylloquinone intake, insulin sensitivity, and glycemic status in adult men and women.* Makiko Yoshida, MS, Sarah L Booth, PhD, James B Meigs, MD, MPH, Edward Saltzman, MD, and Paul F Jacques, ScD. *Am J Clin Nutr*, Volume 88, Issue 1, Pages 210-215, July 2008.

Sulforaphane may help inhibit breast cancer cells.

*Sulforaphane, a Dietary Component of Broccoli/Broccoli Sprouts, Inhibits Breast Cancer Stem Cells.* Yanyan Li, Tao Zhang, Hasan Korkaya, Suling Liu, Hsiu-Fang Lee, Bryan Newman, Yanke Yu, Shawn G. Clouthier, Steven J. Schwartz, Max S. Wicha, and Duxin Sun. *Clin Cancer Res*. Volume 16, 2580, May 2010.

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

*Prospective study of fruit and vegetable intake and risk of prostate cancer.* Kirsh VA, Peters U, Mayne ST, Subar AF, Chatterjee N, Johnson CC, Hayes RB; Prostate, Lung, Colorectal and Ovarian Cancer Screening Trial. *J Natl Cancer Inst*. Volume 99, Issue 15, 1200-9, August 2007.

## Tweets

Step aside OJ! #Broccoli packs 150% 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

## Observances

March 22: We Love Broccoli Day

