**Geography/History**

**Broccoli** was derived from cultivated leafy cole crops in the Northern Mediterranean in about the 6th century BCE. Since the Roman Empire, broccoli has been considered a uniquely valuable food among Italians. Broccoli was brought to England from Antwerp in the mid-1700s by Peter Scheemakers. Broccoli was first introduced to the United States by Italian immigrants but did not become widely known until the 1920s.

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**Description/Taste**

**Broccoli** grows like a tree with a thick, edible trunk that sprouts leaves, or branches and clusters of small, tight flower heads that turn bright green when cooked. Once fully mature or bolting, the flower buds will sprout golden yellow edible flowers.

See the table below for in depth analysis of nutrients:

Broccoli (Brassica oleracea var. italica), fresh, raw, Nutrition value per 100 g

(Source: USDA National Nutrient data base)

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>34 Kcal</td>
<td>1.5%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>6.64 g</td>
<td>5%</td>
</tr>
<tr>
<td>Protein</td>
<td>2.82 g</td>
<td>5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.37 g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.60 g</td>
<td>7%</td>
</tr>
</tbody>
</table>

**Vitamins**

- Folates: 63 mcg (16%)
- Niacin: 0.639 mg (4%)
- Pantothenic acid: 0.573 mg (12%)
- Pyridoxine: 0.175 mg (13%)
- Riboflavin: 0.117 mg (9%)
- Thiamin: 0.071 mg (6%)
- Vitamin A: 623 IU (21%)
- Vitamin C: 89.2 mg (149%)
- Vitamin E: 0.17 mg (1.5%)
- Vitamin K: 101.6 mcg (85%)

**Electrolytes**

- Sodium: 33 mg (2%)
- Potassium: 316 mg (7%)

**Minerals**

- 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 mcg (5%)
- Zinc: 0.41 mg (4%)

**Phyto-nutrients**

- Carotene-ß: 361 mcg
- Crypto-xanthin-ß: 1 mcg
- Lutein-zeaxanthin: 1403 mcg