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Raw broccoli nutrition information

Your parents knew what was going on when they told you to eat broccoli. This verdant vegetable is a powerhouse of nutrients. It is reusable as a benefit of digestion, the cardiovascular system and the immune system, and that it has anti-inflammatory and even cancer-preventing properties. In addition, broccoli is low in sodium and calories, at about 31 calories per serving. It is also a vegetable without fat. Broccoli has an impressive nutritional profile. It is rich in fiber, very rich in vitamin C and has potassium, B6 and vitamin A, swept by Victoria Jarzabkowski, a nutritionist from the Fitness Institute of Texas at the University of Texas at Austin. For nonstarchy vegetables, it has a good amount of protein. Broccoli is also packed with phytochemicals and antioxidants. Phytochemicals are chemicals in plants that are responsible for color, smell and taste. Research shows they have a number of health benefits, according to the American Institute for Cancer Research. Phytochemicals in broccoli are good for the immune system. They include glucobrazikin; carotenoids, such as zeaxanthin and beta-carotene; and kaempferol, flavonoid. Antioxidants are chemicals produced by the body or found in fruits, vegetables and cereals. Antioxidants can help find and neutralize free radicals that cause cell damage, Jarzabkowski told Live Science. Free radicals are unstable molecules made during metabolism. The damage they can cause can lead to cancer, according to the National Cancer Institute. Broccoli is a good source of lutein, a complex antioxidant and sulforaphane, which is a very potent antioxidant, Jarzabkowski said. Broccoli also contains additional nutrients, including some magnesium, phosphorus, a little zinc and iron. Here are the nutritional facts for broccoli, according to the U.S. Food and Drug Administration, which regulates food labeling through the National Labeling and Education Act: Nutritional Facts Serving Size: 1 medium stem (raw) (5.3 oz/148 g) Calories 45 calories from fat 0 *Percent Daily value (%DV) are based on a diet of 2,000 calories. Amt per serving%DV*Amt per serving%DV*Total fat 0.5g1%Total carbohydrates 8g3%Cholesterol 0mg0%Dietary fiber 3g12%Sodium 80mg3%Sugars 2gPotassium 460mg13%Protein 4gVitamin A6%Calcium5%Vitamin C220%Iron6% Health Benefits of Broccoli Diabetes and AutismFor obese people with type 2 diabetes, broccoli extract may be what the doctor ordered. Scientists reporting in the June 14, 2017 issue of the journal Science Translational Medicine found that a compound called sulforaphane in broccoli (and other cruciferous vegetables like cabbage and Brussel sprouts) could set off activity, or expression, of 50 genes associated with symptoms associated with type 2 diabetes mellitus. Scientists gave the compound (in the form of broccoli sprout extract) to 97 people with type 2 diabetes for 12 weeks. Although non-obese participants did not see any effect, obese individuals saw their fasting blood glucose levels drop significant 10 percent compared to the control group. The dose, however, is 100 times higher than what is naturally found in broccoli, the researchers reported. The same compound has also been found to improve symptoms associated with autism; Those who took an extract containing sulforaphane showed improvements in verbal communication and social interactions, researchers reported on October 13, 2014 in the journal Proceedings of the National Academy of Sciences. Cancer PreventionProbably the most common health benefit of broccoli is its possible ability to help prevent cancer. Broccoli is a cruciferous vegetable garden, and all vegetables in this group can be protective against some stomach and bowel cancers, Jarzabkowski said. The American Cancer Society records isothiocyanate broccoli, including sulforaphane and indole-3-carbinol. These chemicals stimulate enzyme detoxification and act as antioxidants, reducing oxidative stress. They can also affect estrogen levels, which can help reduce the risk of breast cancer. Reducing cholesterolAccording to Jarzabkowski, broccoli can help lower cholesterol because soluble fiber in vegetables binds with cholesterol in the blood. This binding facilitates the secretion of cholesterol and consequently reduces cholesterol levels in the body. DetoxificationFiteximaj glucorafanin, gluconasturtin and glucobrassicin make a great trio in broccoli. Together they help all the steps of the body detoxification process, from activation to neutralization and elimination of pollutants. A study published in the journal Proceedings of the National Academy of Sciences of the United States of America found that broccoli sprouts can be particularly potent in this regard. Heart healthIn addition to reducing cholesterol, broccoli can help in heart health by helping to keep blood vessels strong. Sulforaphane in broccoli is also anti-inflammatory and can prevent or reverse damage to the lining of blood vessels caused by chronic blood sugar problems. And B-complex vitamins can help regulate or reduce excessive homocysteine, according to Harvard University School of Public Health. Excess homocysteine, an amino acid that accumulates after a person eats red meat, increases the risk of coronary artery disease. Eye health You've probably heard that carrots are good for your eyes, and that's because they contain lutein, Jarzabkowski said. It's a complex antioxidant that's really good for eye health, and broccoli is also a great way to get it. Another antioxidant in broccoli called zeaxanthin is similarly beneficial. Both chemicals can help protect against macular degeneration, an incurable condition that blurs central vision and cataracting, blurred eye lens. DigestionJarzabkowski emphasized the digestive benefits of broccoli, which she attributed most to the high content of vegetable fiber. Broccoli has almost 1 gram of fiber per 10 calories. Fiber helps maintain regular and helps maintain health levels in the gut. Broccoli also helps with digestion by helping to keep your stomach lining healthy. Sulforaphane in broccoli helps prevent gastric bacteria Helicobacter pylori from becoming overgrown or clinging too tightly to the stomach wall. A 2009 Johns Hopkins study in mice found that broccoli sprouts are particularly good at helping in this way. Mice that fed daily for two months with broccoli sprouts reduced H. pylori levels in stool by more than 40 percent. Anti-inflammatory benefitsBroccoli is a large anti-inflammatory and can slow down joint damage associated with osteoarthritis. A 2013 study at the University of East Anglia found that broccoli sulforaphane can help people suffering from arthritis because this chemical blocks enzymes that cause joint destruction by stopping a key molecule known to cause inflammation. Isothiocyanate broccoli and omega-3 fatty acids also help regulate inflammation. Furthermore, a 2010 study published in the journal Inflammation Researcher suggested that the flavonoid kaempferol reduces the influence of allergens, especially in the intestinal tract, which can reduce chronic inflammation. Health risks In general, broccoli is safe to eat, and all side effects are not serious. The most common side effect is irritation of the gas or intestines, caused by high amounts of broccoli fiber. All cruciferous vegetables can make you gassy, Jarzabkowski said. But the health benefits outsmad the discomfort. According to Ohio State Wexner University Medical Center, people who take blood thinners should watch their broccoli intake, since vitamin K vegetable content can interfere with the effectiveness of medications. Those with hypothyroidism should also limit their broccoli intake. Raw, steamed or cooked: Which is more nutritious? The way you prepare broccoli can affect the amount of nutrients you get that. People who want broccoli for their anticancer benefits will want to make sure they don't cook vegetables too long. A 2007 study by the University of Warwick found that cooking broccoli can undermine the effects of good enzymes that fight cancer. Researchers studied the effects of steaming, steaming, microwave and cooking on fresh broccoli, Brussels sprouts, cauliflower and green cabbage. Cooking has led to the greatest losses of nutrients that fight cancer. Steaming for up to 20 minutes, microwaves for up to three minutes and mixing for up to five minutes did not produce a significant loss of carcinogenic-preventive substances. Raw broccoli maintains all its nutrients, but it is also more likely to irritate your intestines and cause gas. Broccoli factsBroccoli originated in Italy, where it was developed from wild cabbage and has existed since about sixth century B.C. The Italian name for broccoli is broccolo, which means flower top cabbage. The word comes from the Latin word brachium, meaning branch or hand, reflection tree shape. The factory came to France in 1560. By the early 1700s broccoli was still not widely known in England and was called sprout colli-flower or Italian asparagus. Thomas Jefferson was a fan of broccoli and imported broccoli seeds from Italy, planting them in his home, Monticello, back in May 1767. Another president, George H.W. Bush, was not a fan. He used his dissatisfaction with broccoli as a punchline in dozens of speeches. He once said, I didn't like it from a young age, and my mother made me eat it. And I'm the president of the United States, and I'm not eating any more broccoli. In response, broccoli farmers sent 10 tons of vegetables to white House. In 2013, President Barack Obama announced that broccoli was his favorite food. California produces 90 percent of broccoli grown in the United States. Broccoli-related vegetables, a mixture of broccoli and gai-lin (Chinese broccoli), and broccoli, a cross between broccoli and cauliflower. The average American eats over 4 lbs. broccoli annually, according to the U.S. Department of Agriculture. The world record for eating broccoli is held by Tom Broccoli Landers. It only took him 92 seconds to eat a pound of vegetables. His secret: Just swallow, don't bother chewing. The U.S. is the world's third largest producer of broccoli. China, a top producer, grows over 8 million tons of vegetables a year. (Sources: MindBodyGreen.com, Wisconsin Department of Public Education) This article is for informational purposes only and is not intended to offer medical advice. Additional resourcesA if you read this article, you should be able to achieve a good result on our quiz. Quiz Sami: Broccoli Nutrition Facts