

Nutrition Facts			
Serving Size 1 medium stalk (148g)			
Amount Per Serving			
Calories 45	Calories from Fat 0		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 80mg	3%		
Total Carbohydrate 8g	3%		
Dietary Fiber 3g	12%		
Sugars 2g			
Protein 4g			
Vitamin A 6%	Vitamin C 220%		
Calcium 6%	Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate	4	Protein 4

Fun Facts:

- * Broccoli gets its name from the Italian name for "the flowering top of cabbage", *broccolo*
- * Broccoli cultivation dates back 2,000 years to the Roman Empire!
- * Broccoli is closely related to Kale, mustards, Brussels sprouts, cabbage and Cauliflower, which it is of the same species as!
- * Thomas Jefferson plated broccoli in his famous Charlottesville, VA home's garden, Monticello, in 1767
- * Broccoli was not widely accepted until the 1920's, when the D'Arrigo family introduced it to the US!



Varieties: There are three main types of broccoli that are typically available; common broccoli, Calabrese broccoli and Romanesco broccoli. Calabrese broccoli that is marketed here in the US is quite seasonal and tends to be thin and delicate. Romanesco is a specialty variety as well, that has unique, spiral-shaped florets, and purple broccoli pops up from time to time, but is not common either.

Selection: Choose heads of broccoli that are odorless, tight and either dark, dark green or almost purplish in color. Avoid heads that are limp, where florets are spreading apart, or heads with a strong, sulfur like odor. Avoid heads that show signs of decay or yellowing!

Storage and Handling: wrapped in plastic and refrigerated, broccoli will keep well for 3-5 days. Wash well and drain well, just before using!

Nutritional Benefits: Broccoli is a nutritional powerhouse, and is considered *cruciferous!* It's high in Vitamin C, K, A and Dietary fiber. It's also loaded with anti-cancer, bacterial and viral compounds too!

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Easy Ways To Enjoy Broccoli

- * Broccoli is excellent raw or cooked! Enjoy on veggie trays, with your favorite dip or dressing, or simply as is.
- * Slice or cut into florets and toss into salads for a nutritious crunch.
- * Cut into spears or florets and steam or boil until just tender, not mushy! Then toss with a touch of oil and garlic, or butter and lemon juice. YUM!
- * For the best stir-fry, always blanch broccoli for a minute or two, and quickly chill, before stir-frying, to lock in color, texture and brighter flavors!
- * The stalks are edible too. Peel outer skin, and then slice for topping pizzas, salads, or add to stir-fry too, for a water chestnut-like crunch!



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