



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.



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)

Principle	Nutrient Value	Percentage of RDA
Energy	34 Kcal	1.5%
Carbohydrates	6.64 g	5%
Protein	2.82 g	5%
Total Fat	0.37 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.60 g	7%
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-β	361 mcg	--
Crypto-xanthin-β	1 mcg	--
Lutein-zeaxanthin	1403 mcg	--

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.

