



- <https://goo.gl/2Kp5UR>
- Can be eaten raw with dips or on salads, lightly steamed, roasted, tossed into soups/casseroles or pureed into sauces or pesto
 - Like other cruciferous vegetables, broccoli contains sulforaphane, which fights breast, colon, stomach, pancreatic and cervical cancers
 - 100% of daily vitamin C in 1 cup. High in vitamins B6, folate and the antioxidant, beta carotene. High in minerals calcium, zinc, iron, selenium and potassium

The Health Benefits of Broccoli

One cup of raw or 1/2 cup cooked broccoli provides:

- 31 Calories, 3 gram protein, 2 1/2 grams fiber, 0 fat, no cholesterol

Nutrients in broccoli

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Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.



Broccoli fights cancer, heart disease, diabetes and obesity. High calcium, folate and vitamin K support bone health and antioxidants keep skin looking young.

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