

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Broccoli

Broccoli is a green/dark green cruciferous vegetable, and a rich source of Vitamin C. Broccoli is also a source of a wide variety of other anti-inflammatory nutrients that support immunity.



How to Select and Store:

Fresh - Selection

FIRM STALKS **BRIGHT COLOR** **HEAVY HEADS**

Broccoli heads should feel heavy, and have tight, green florets, and firm stalks. Avoid yellowing florets or browning, dried ends of the stalks

Choose firm, thin stalks, as thick stalks can be woody and are a sign of age. Try to avoid broccoli with yellow flowers. If the stalk of broccoli has already flowered, it can still work in soup or as a stock flavoring.

Fresh - Storage



LOOSELY WRAPPED IN THE REFRIGERATOR

Store broccoli in a plastic or perforated bag and keep it dry. Broccoli will stay fresh for 5-7 days.

Blanched broccoli can be stored in the freezer. Blanch by prepping a large pot of boiling water and a large bowl of ice water. Cut broccoli heads into small pieces. Place the broccoli pieces in boiling water for three minutes. Drain and place in ice water. Flash freeze and store for up to a year.

Nutrition Facts

Broccoli

Serving Size: cup (156g)

Amount Per Serving	
Calories 55	Calories from Fat 5.8
% Daily Value	
Total Fat 0.6g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.1g	
Cholesterol 0mg	0%
Sodium 64mg	3%
Potassium 457mg	13%
Total Carbohydrates 11g	4%
Dietary Fiber 5.1g	20%
Sugars 2.2g	
Protein 3.7g	
Vitamin A	48%
Vitamin C	169%
Calcium	4.8%
Iron	5.8%

* Percent Daily Values are based on a 2000 calorie diet.

Tips for Preparing and Cooking:

Preparation

Slice straight through the broccoli stem. The crown should break into several florets. Cut through the "trunk" of each floret to make bite-sized pieces. Rinse these florets under water to wash away any dirt.

Try broccoli...

Raw

Enjoy fresh, raw broccoli florets in a salad or alone. Get creative with salad dressings to add fun flavors, or just dip the florets in a dip, such as ranch!

Steamed

Steaming maintains the nutrient content of broccoli. You can steam broccoli stalks in the microwave quickly and easily on a covered plate for 2-4 minutes.

Blanched

Blanaching broccoli florets and stems in boiling water before freezing helps to retain nutrients and a good texture for when you are ready to cook them.