

Broccoli, Romaine, Kale, Sirloin

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The following numbers are from the USDA Standard Reference Release 26 and are calculated at 100 calories. To see the exact description, look up the USDA NDB# in the USDA SR 26

Database - <http://ndb.nal.usda.gov/ndb/search/list> Any missing values from the SR 26

were filled in from the CRON-O-Meter (v0.9.9) - <http://cronometer.com/>

Food Item	Broccoli (NDB# 11091)	Sirloin (NDB#13452)	Romaine (NDB#11251)	Kale (NDB#11234)
GENERAL				
Weight (g)	285.7 (10.1 oz)	45.65 (1.61 oz)	590 (20.8 oz)	355.5 (12.5 oz)
Protein (g)	6.8	13.20	7.26	6.75
Carbohydrates (g)	20.51	0	19.41	20.01
Fiber (g)	9.4	0	12.4	7.1
Fat (g)	1.17	4.8	1.77	1.42
Saturated Fat (g)	.226	1.861	.230	.185
Omega 6 (g)	.1	.1	.3	.3
Omega 3 (g)	.3	0	.7	.4
Cholesterol (mg)	0	40.6	0	0
MINERALS				
Calcium (mg)	114	8.7	195	256
Copper	.2	0	.3	.6
Iron (mg)	1.91	.89	5.72	3.2
Magnesium (mg)	60	11	83	64
Manganese	.6	0	.9	1.5
Phosphorus (mg)	191	99.5	177	100
Potassium (mg)	837	162.1	1457.3	811
Selenium	4.6	14.4	2.4	3.2
Zinc (mg)	1.3	2.37	1.36	.85
VITAMINS				
Vitamin A (IU)	4423	0	51,389	48423
Folate (mcg)	308.6	4.1	802.4	46.2
Thiamine - B1 (mg)	.18	.033	.425	.188
Riboflavin - B2 (mg)	.351	.058	.395	.249
Niacin - B3 (mg)	1.580	3.581	1.847	1.778
Pantothenic Acid - B5 (mg)	1.8	.3	.8	.2
Pyridoxine -B6 (mg)	.571	.263	.437	.491
Cobalamin -B12 (mcg)	0	.87	0	0
Vitamin C (mg)	185.4	0	23.6	145.8
Vitamin E (mg)	4.14	.2	.77	3.02
Vitamin K (mcg)	403.1	.7	604.8	2904.4