

## BROCCOLI

# INDIAN BROCCOLI EXPORTERS

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- Broccoli is an edible green vegetable of the cabbage family whose large flowery head and stalk are eaten. India being one of the largest broccoli producers in the world, broccoli exporter in India export tonnes of Broccoli each year. Broccoli export is on the rise due to its several health and medicinal benefits. Many countries around the globe conduct broccoli import from india.





## BROCCOLI

## INGREDIENTS

### Nutrients

Calories - 31, Carbs - 6 grams  
Fibre - 2.4 grams

### Minerals

Calcium, Iron, Phosphorous, Niacin  
Potassium, Zinc, Thiamin, Riboflavin

### Vitamins

Vitamin C and K

### Protein

2.6 gm

### Fats

0.4 gm