



# A nutrition Fact Sheet



## Broccoli

### Nutrition Facts

One-half cup of broccoli provides 65% of the recommended daily amount of vitamin C.

### Buying and Storing

**Buying:** Choose broccoli that has tightly closed buds and crisp leaves. Choose odorless broccoli that is dark green to purple tinged in color. Do not wash broccoli until just before preparing it.

**Storing:** Store broccoli in a loose bag in the refrigerator. Fresh broccoli is best if used within a day or two after being purchased. It will keep for up to four days in the refrigerator. Once cooked, any leftovers may be refrigerated for 2 to 3 days in a tightly covered container.

### Preparing and Cooking

**Preparing:** Wash broccoli thoroughly. Begin at the top of the stalk and find the place where it separates into florets. Cut the florets about an inch down from their tops, starting with the ones most accessible from the stalk. If you are going to cook the pieces, try to make them all roughly the same size. Continue to cut the florets, moving up the stalk as you go, until you have taken them all off. Chop into smaller pieces, if desired. Use a vegetable peeler to remove leaves and tough skin from the stalk. Cut the stalk into roughly equal pieces. Make these pieces smaller than the florets, since they will take longer to cook.

**Cooking:** Broccoli will retain its bright green color, crisp tenderness, and sweetness if you cook it just until a fork can pierce the stalk.

**Steaming:** Place chopped broccoli in a steamer basket in a pot. Add 1 inch of water, cover with lid, and bring to a boil. Steam, covered, for 4-5 minutes.

**Microwaving:** Place chopped broccoli in a microwave-safe container. Microwave just long enough for broccoli to be easily cut with a fork – about 3-4 minutes.

### Ways to Enjoy

- Eat broccoli tops or peeled stems raw with your favorite dip.
- Add broccoli to salads, soups, stews, casseroles, and stir fries.
- Steam broccoli and add a squeeze of lemon, balsamic vinegar, or a little cheese.



### Contact Us

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for more information.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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## Garlic Beef Stir-Fry

Yield: 4 servings • Serving Size: 2 cups

- 2 cups brown rice
- 1 Tablespoon cornstarch
- ½ cup low-calorie vinaigrette **or** Italian dressing (use 1 Tablespoon for the meat)
- 3 cloves garlic, minced **or** ¾ teaspoon garlic powder
- ¾ pound lean beef, well-trimmed, cut into thin strips (round steak works well)
- 5 cups cut-up fresh vegetables (such as broccoli, onions, bell peppers, carrots) **or** 1- 16 ounce bag frozen stir fry vegetables (red peppers, broccoli, green onions, carrots), partially thawed in microwave and drained
- 2 Tablespoons low sodium soy sauce
- 1 teaspoon ground ginger

1. Prepare rice according to package directions, allowing about 15 minutes for instant rice or about 45 minutes for regular brown rice. Keep hot (above 135°F).
2. Stir together the cornstarch, 1 Tablespoon of the dressing, and the garlic in a bowl or pie pan; mix well. Add the beef strips, tossing to coat meat with dressing mixture.
3. Lightly coat a large nonstick skillet with cooking spray. Heat on medium-high heat.
4. Add beef mixture; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm.
5. Add vegetables, remaining dressing, soy sauce, and ginger to skillet. Cook and stir about 10 minutes or until vegetables are crisp tender.
6. Return beef to skillet. Cook, stirring occasionally, for 1 minute or until beef is heated through and sauce is thickened. Serve over rice.

*Iowa State University Extension*

## Leftover Chicken/Turkey, Broccoli, and Rice Casserole

Yield: 4 servings • Serving Size : 1 cup

- 1½ cups **cooked** brown rice
- 1 pound fresh broccoli, **cooked or** 1- 10 ounce package frozen broccoli, **cooked**
- 1 cup diced **cooked** chicken **or** turkey
- 1 can cream of chicken soup
- ½ cup shredded cheese

1. Preheat oven to 350°F. Lightly oil or spray an 8 inch x 8 inch baking dish.
2. In baking dish, mix together rice, broccoli, chicken, and cream of chicken soup (undiluted). (Rice, broccoli, and chicken or turkey should be cooked already.)
3. Sprinkle shredded cheese over the top. Bake for 20 to 30 minutes.



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## Nutrition Facts

4 servings per container  
**Serving size** 2 cups (327g)

Amount per serving  
**Calories** 380

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol** 65mg 22%

**Sodium** 580mg 25%

**Total Carbohydrate** 42g 15%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 31g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 4mg 20%

Potassium 650mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Facts

4 servings per container  
**Serving size** 1 cup (305g)

Amount per serving  
**Calories** 250

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 3.5g 18%

*Trans* Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 420mg 18%

**Total Carbohydrate** 32g 12%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 16g

Vitamin D 0mcg 0%

Calcium 169mg 15%

Iron 2mg 10%

Potassium 634mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.