

Broccoli Raab (Rapin) vs. Chinese (Asian) Broccoli

Broccoli Raab (Rapini) or Broccolini

looks so similar to it's sister from Asia but the nutrition facts differ slightly.

Broccoli Raab has a curly leaf. It is low Sodium and Saturated Fat. It is also a good source of Choline, Folate, Vitamin K, and Manganese



Chinese Broccoli also known as Kai-lan

or can be written as gai-lan.

Chinese Broccoli is a slightly darker green and has a rounded leaf. It is low in Sodium, and very low in Cholesterol. It is also a good source of Choline, Folate, Vitamin K



Broccoli Raab	
Nutrition Facts	
Serving size 1 cup cooked 437g	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value *	
Total Fat 0 g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0 gm	0%
Sodium 245mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 12g	49%
Sugars 0g	
Protein 16g	33%
Vitamin A 396%	Vitamin C 270%
Calcium 52%	Iron 31%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Glycemic Load 3

Chinese Broccoli	
Nutrition Facts	
Serving size 1 cup cooked 88 g	
Amount Per Serving	
Calories 19	Calories from Fat 5
% Daily Value *	
Total Fat 0 g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0 gm	0%
Sodium 6mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 1g	
Vitamin A 29%	Vitamin C 41%
Calcium 9%	Iron 3%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Glycemic Load 1

Glycemic Load target is 100 **total** per day or **less**