

Broccoli Raab (Rapini)

vs. Chinese (Asian) Broccoli

Broccoli Raab (Rapini)

Nutrition Facts

Serving size 1 cup cooked 100 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 58mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 11%

Sugars 1g

Protein 4g

Vitamin A 91% Vitamin C 62%

Calcium 12% Iron 7%

* 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

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

The GLyemic Load is 1
Inflammation Factor 139

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

The GLyemic Load is 1
Inflammation Factor 59

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.

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Glycemic Load target is 100 **total** per day or **less** and the Inflammation Factor should be 50 per day or **higher**.