



NUTRITIONAL VALUE Behind Broccoli, Cauliflower, Onion, White Mushrooms

BROCCOLI:

Fun fact ~ Broccoli dates to the Roman Empire, where it grew in the Mediterranean region. U.S. farmers didn't start to grow it until the 1920s. Today, if you're like the average American, you eat nearly 6 pounds of the stuff each year. How much you like its cabbage-like flavor may depend at least in part on your genes. Some people are born hypersensitive to bitter tastes like that of broccoli.

Health Benefits

On top of all the vitamins and minerals it contains, broccoli is chock full of many natural chemicals that scientists are still learning about. Chief among these is a sulfur compound called sulforaphane, which may help with certain health conditions. These include:

Diabetes. Studies show that sulforaphane may help lower your blood sugar. If you have type 2 diabetes and obesity, you may notice a bigger improvement in blood sugar than other people would.

Cancer. Sulforaphane and other natural compounds in broccoli might stop cancer cells from forming in your body.

Nutrients per Serving

A 1/2 cup of broccoli contains:

- Calories: 15
- Fat: 0 grams
- Carbs: 3 grams
- Protein: 1 gram

One cup of broccoli has as much vitamin C as an orange. You need this antioxidant to protect your cells from damage and promote healing throughout your body.

Broccoli is also rich in vitamins and minerals like:

- Calcium
- Iron
- Phosphorous
- Potassium
- Zinc
- Thiamin
- Riboflavin
- Niacin
- Vitamins A, B6, B12, D, E and K
- Folate



CAULIFLOWER:

Cauliflower is a cruciferous vegetable that looks like a white version of its cousin, broccoli. Like broccoli, the tightly bunched florets of cauliflower are connected by a thick core, often with a few light leaves surrounding it. While white is the most common color, you'll also find cauliflower in shades of orange, purple, and green. No matter the color, the taste is the same: mild, slightly sweet, a little nutty.

Cauliflower originally came from the Mediterranean region and arrived in Europe around the end of the 15th century. It's an offshoot of a type of wild cabbage that's also the ancestor of kale, Brussels sprouts, and kohlrabi.

Health Benefits

Of the 100 grams of cauliflower in one serving, 92 grams are water. That means this veggie can help keep you hydrated. It's also a good source of fiber.

Cauliflower has a group of substances known as glucosinolates. As you chew and digest it, these substances are broken down into compounds that may help prevent cancer -- they help protect cells from damage and have anti-inflammatory, antiviral, and antibacterial effects.

Nutritional Profile

A serving is 1 cup, or about 100 grams, of chopped cauliflower. One serving of raw or cooked cauliflower has:

- 25 calories
- 0 grams of fat
- 5 grams of carbohydrates
- 2 grams of dietary fiber
- 2 grams of sugar
- 2 grams of protein
- 30 milligrams of sodium

As for vitamins and nutrients, one serving of cauliflower has:

- 100% of the daily recommended amount of vitamin C
- About a quarter of your daily vitamin K
- 2% of your daily calcium and iron
- 6% of your daily potassium
- More than 3 % of your daily magnesium

ONIONS:

Onions belong to the genus *Allium* and are closely related to garlic, shallots, and leeks. Most people consume roughly 20 pounds of this pungent vegetable per year, eating them raw, cooked, pickled, or powdered. There are many varieties of onions to choose from, including yellow, red, white, purple, Spanish, and Vidalia onions.

Health Benefits

Onions are a good source of **vitamins**, **minerals**, and **fiber** and are known to offer a variety of health benefits, such as:



Lower Risk

of Cancer

Many kinds of onions contain a wealth of chemicals that help fight **cancer**. Onions are among the richest food sources of a nutrient called quercetin, which is known to prohibit the activity or creation of cancer-causing elements. A quercetin-rich diet has been associated with a lower risk of developing lung cancer.

Lower Risk of Heart Disease and Stroke

Onions contain organic sulfur compounds. These compounds are the reason why onions have such a sharp, strong taste and smell. Organic sulfur compounds help reduce the level of **cholesterol** in your body and may also help break down blood clots, lowering your risk for **heart disease** and **stroke**. You should eat onions raw rather than cooked to get the most sulfur compounds from them.

Diabetes Control

Both the quercetin and organic sulfur compounds found in onions are known to promote **insulin** production, making them a helpful vegetable choice for those with **diabetes**.

Lower Risk of Alzheimer's Disease

Flavonoids come from plants and are found in particular abundance in onions. One study has found that those who consume a long-term diet high in flavonoids decrease their risk of getting **Alzheimer's disease**.

Nutrition

Nutrients Per Serving

A ½ -cup serving of chopped, raw white onion contains:

- Calories: 32
- **Carbohydrates:** 7 grams
- **Protein:** 1 grams
- Fat: 0 grams
- **Fiber:** 1 grams
- Sugar: 3 grams

Onions are also a good source of:

- **Vitamin C**
- **Vitamin B6**
- **Potassium**
- **Manganese**
- **Copper**



MUSHROOMS WHITE:

Mushrooms are rich sources of **potassium**, a nutrient known for reducing the negative impact that sodium can have on your body. Potassium also lessens the tension in blood vessels, potentially helping to lower blood pressure.

Boost Immune System

The anti-inflammatory effect of mushrooms has been shown to greatly improve the efficiency of the immune system. Research has found that mushrooms help stimulate microphages in the immune system, enhancing its ability to defeat foreign bodies and making you less susceptible to serious illnesses.

Nutrition

Mushrooms are a rich, low calorie source of **fiber**, **protein**, and **antioxidants**. They may also mitigate the risk of developing serious health conditions, such as **Alzheimer's**, heart **disease**, **cancer**, and **diabetes**.

They're also great sources of:

- Selenium
- Copper
- Thiamin
- Magnesium
- Phosphorous

Nutrients Per Serving

Like most mushrooms, white mushrooms are low in calories but pack plenty of nutrients. One cup (96 grams) of whole white mushrooms provides (5Trusted Source):

- **Calories:** 21
- **Carbs:** 3 grams
- **Fiber:** 1 gram
- **Protein:** 3 grams
- **Fat:** 0 grams
- **Vitamin D:** 33% of the Daily Value (DV)
- **Selenium:** 16% of the DV
- **Phosphorus:** 12% of the DV
- **Folate:** 4% of the DV

All information taken by ~

<https://www.webmd.com/food-recipes/health-benefits>