Calorie chart: cruciferous vegetables (PDF)

Calories, protein, carbohydrate and fat for 56 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Bok Choy	1 cup, shredded (70 g)	9	**13**	1.5	2.2	0.2
Bok Choy Boiled	1 cup, shredded (170 g)	20	**12**	1.6	1.8	0.2
Bok Choy Boiled with Salt	1 cup, shredded (170 g)	20	**12**	1.6	1.8	0.2
Broccoli	1 cup chopped (91 g)	31	**34**	2.8	6.6	0.4
Broccoli Boiled with Salt	1 stalk, medium (7-1/2" - 8" long) (180 g)	63	**35**	2.4	7.2	0.4
Broccoli Flower Clusters	1 cup flowerets (71 g)	20	**28**	3	5.1	0.4
Broccoli Frozen Chopped Boiled	1 cup (184 g)	52	**28**	3.1	5.4	0.1
Broccoli Frozen Chopped Boiled with Salt	1 cup (184 g)	52	**28**	3.1	5.4	0.1
Broccoli Frozen Spears	1/3 package (10 oz) (95 g)	28	**29**	3.1	5.4	0.3
Broccoli Frozen Spears Boiled	1/2 cup (92 g)	26	**28**	3.1	5.4	0.1
Broccoli Frozen Spears Boiled with Salt	1/2 cup (92 g)	26	**28**	3.1	5.4	0.1
Broccoli Leaves	100 g	28	**28**	3	5.1	0.4
Broccoli Rabe	1 cup chopped (40 g)	9	**22**	3.2	2.9	0.5
Broccoli Rabe Cooked	1 NLEA serving (85 g)	21	**25**	3.8	3.1	0.5
Broccoli Stalks	1 stalk (114 g)	32	**28**	3	5.2	0.4
Brussels Sprouts	1 cup (88 g)	38	**43**	3.4	9	0.3
Brussels Sprouts Boiled with Salt	1 sprout (21 g)	8	**36**	2.6	7.1	0.5
Brussels Sprouts Frozen	1/3 package (10 oz) (95 g)	39	**41**	3.8	7.9	0.4
Brussels Sprouts Frozen Boiled	1 cup (155 g)	65	**42**	3.6	8.3	0.4
Brussels Sprouts Frozen Boiled with Salt	1 cup (155 g)	65	**42**	3.6	8.3	0.4
Cabbage	1 cup, chopped (89 g)	22	**25**	1.3	5.8	0.1
Cabbage Boiled with Salt	1/2 cup, shredded (75 g)	17	**23**	1.3	5.5	0.1
Cabbage Freshly Harvested	1/2 cup, shredded (35 g)	8	**24**	1.2	5.4	0.2
Cabbage Stored	1/2 cup, shredded (35 g)	8	**24**	1.2	5.4	0.2
Cauliflower	1 cup chopped (1/2" pieces) (107 g)	27	**25**	1.9	5	0.3
Cauliflower Boiled with Salt	1/2 cup (1" pieces) (62 g)	14	**23**	1.8	4.1	0.5
Cauliflower Frozen	1/2 cup (1" pieces) (66 g)	16	**24**	2	4.7	0.3
Cauliflower Frozen Boiled	1 cup (1" pieces) (180 g)	34	**19**	1.6	3.8	0.2
Cauliflower Frozen Boiled with Salt	1 cup (1" pieces) (180 g)	31	**17**	1.6	3.2	0.2
Chinese Broccoli	100 g	26	**26**	1.2	4.7	0.8
Chinese Broccoli Cooked	1 cup (88 g)	19	**22**	1.1	3.8	0.7
Cooked Brussels Sprouts	1/2 cup (78 g)	28	**36**	2.6	7.1	0.5
Cooked Cabbage	1/2 cup, shredded (75 g)	17	**23**	1.3	5.5	0.1
Cooked Cauliflower	1/2 cup (1" pieces) (62 g)	14	**23**	1.8	4.1	0.5
Frozen Broccoli	1 cup (156 g)	41	**26**	2.8	4.8	0.3
Green Cauliflower	1 head, medium (5-6" dia) (431 g)	134	**31**	3	6.1	0.3
Green Cauliflower Cooked	0.2 head (90 g)	29	**32**	3	6.3	0.3

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Green Cauliflower Cooked with Salt	1/2 cup (1" pieces) (62 g)	20	**32**	3	6.3	0.3
Japanese-Style Pickled Cabbage	1 cup (150 g)	45	**30**	1.6	5.7	0.1
Kimchi	1 cup (150 g)	23	**15**	1.1	2.4	0.5
Kohlrabi	1 cup (135 g)	36	**27**	1.7	6.2	0.1
Kohlrabi Boiled	1 cup slices (165 g)	48	**29**	1.8	6.7	0.1
Kohlrabi Boiled with Salt	1 cup slices (165 g)	48	**29**	1.8	6.7	0.1
Mustard Cabbage Salted	1 cup (128 g)	36	**28**	1.1	5.6	0.1
Napa Cabbage	1 cup, shredded (76 g)	12	**16**	1.2	3.2	0.2
Napa Cabbage Boiled	1 cup, shredded (119 g)	17	**14**	1.5	2.4	0.2
Napa Cabbage Boiled with Salt	1 cup, shredded (119 g)	17	**14**	1.5	2.4	0.2
Napa Cabbage Cooked	1 cup (109 g)	13	**12**	1.1	2.2	0.2
Red Cabbage	1 cup, chopped (89 g)	28	**31**	1.4	7.4	0.2
Red Cabbage Boiled	1 leaf (22 g)	6	**29**	1.5	6.9	0.1
Red Cabbage Boiled with Salt	1 leaf (22 g)	6	**29**	1.5	6.9	0.1
Sauerkraut	1 cup (142 g)	27	**19**	0.9	4.3	0.1
Savoy Cabbage	1 cup, shredded (70 g)	19	**27**	2	6.1	0.1
Savoy Cabbage Boiled	1 cup, shredded (145 g)	35	**24**	1.8	5.4	0.1
Savoy Cabbage Boiled with Salt	1 cup, shredded (145 g)	35	**24**	1.8	5.4	0.1
Steamed Broccoli	1/2 cup, chopped (78 g)	27	**35**	2.4	7.2	0.4

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/cruciferous-vegetables/