



BRUSSEL SPROUTS NUTRITION FACTS

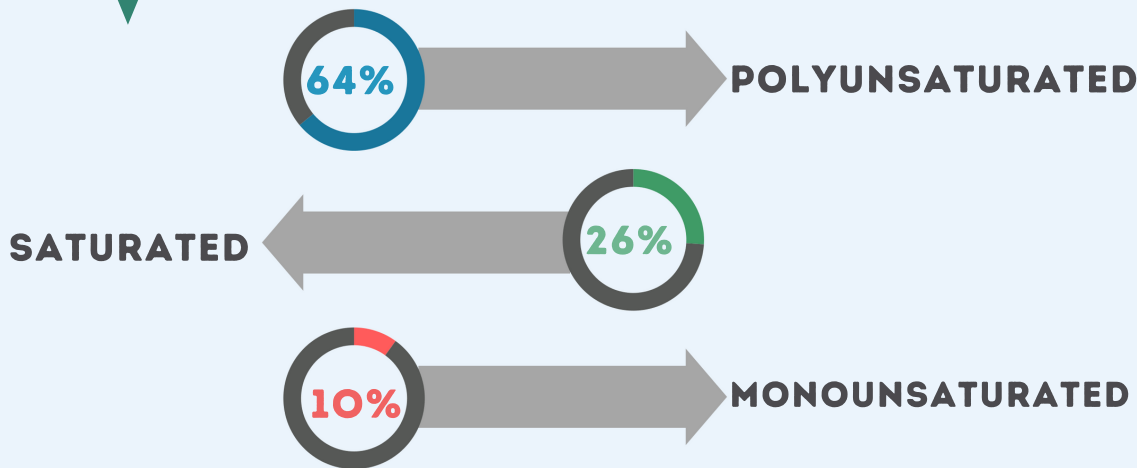


CALORIES 43/100GM

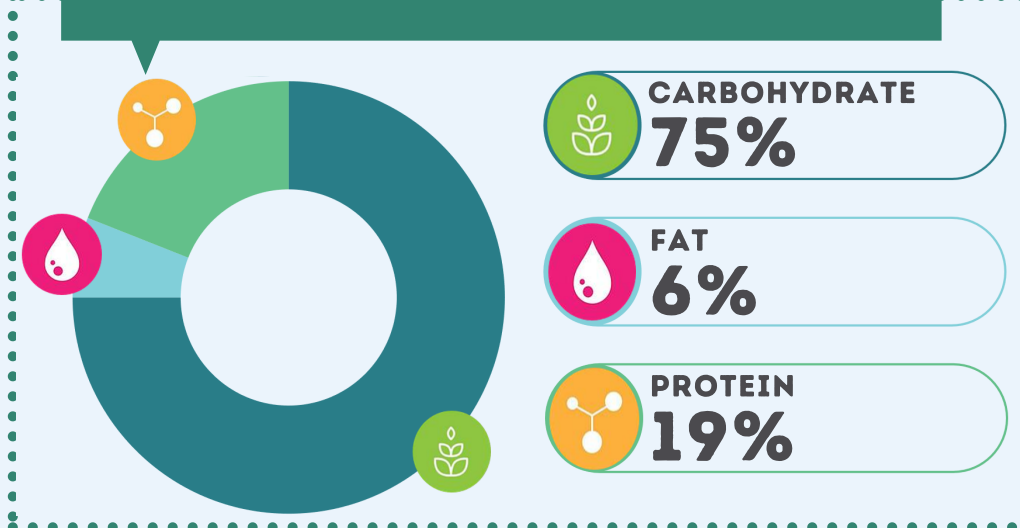
	AMOUNT		AMOUNT
CARBOHYDRATE	8.95 G	NIACIN	0.745 MG
FAT	0.30 G	VITAMIN A	38 MCG
PROTEIN	3.38 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.219 MG
FIBER	3.8 G	VITAMIN C	85 MG
RIBOFLAVIN	0.090 MG	VITAMIN D	0.00
SODIUM, NA	25 MG	FOLATE	61 MCG
THIAMIN	0.139 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BRUSSEL SPROUTS OTHER NAMES

BRASSICA OLERACEA
MEKYABETSU
BEULWISSEL KONGNAMUL

MINERALS IN BRUSSEL SPROUTS

42 MG	CALCIUM, CA	3 % (DV)
0.070 MG	COPPER, CU	8 % (DV)
1.40 MG	IRON, FE	8 % (DV)
23 MG	MAGNESIUM, MG	6 % (DV)
1.6 MCG	SELENIUM, SE	3 % (DV)
69 MG	PHOSPHORUS, P	10 % (DV)
389 MG	POTASSIUM, K	8 % (DV)
0.42 MG	ZINC, ZN	4 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.