

# Brussels Sprouts

**Type:** Vegetable **Main growing areas:** CA, NY, WA, MEX  
**Appearance:** Small, green or purple, round; tightly packed leaves



**Brussels sprouts ready to eat**



**How brussels sprouts grow**

- 1** Brussels sprouts are **available all year round** and are popular vegetables in Europe and the United States.
- 2** They get their name from **Brussels**, the capital city of Belgium, where brussels sprouts are thought to have been grown in the 13th century.
- 3** Brussels sprouts are in the same family as broccoli and cabbage. They are **typically green but also come purple-tinged**. Purple brussels sprouts are a bit sweeter than green ones.
- 4** Brussels sprouts **can be eaten raw in salads if sliced thinly** and are delicious cooked. They are especially high in vitamins C and K.

| <b>Nutrition Facts</b> |                     |
|------------------------|---------------------|
| Serving Size 100 grams |                     |
| Amount Per Serving     |                     |
| Calories 43            | Calories from Fat 3 |
| % Daily Value*         |                     |
| Total Fat 0g           | 0%                  |
| Saturated Fat 0g       | 0%                  |
| Trans Fat              |                     |
| Cholesterol 0mg        | 0%                  |
| Sodium 25mg            | 1%                  |
| Total Carbohydrate 9g  | 3%                  |
| Dietary Fiber 4g       | 15%                 |
| Sugars 2g              |                     |
| Protein 3g             |                     |
| Vitamin A 15%          | Vitamin C 142%      |
| Calcium 4%             | Iron 8%             |

\*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