

Basic Report 11099, Brussels sprouts, cooked, boiled, drained, without salt

Report Date: January 31, 2015 02:04 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 sprout 21g	0.5 cup 78g
Proximates				
Water	g	88.90	18.67	69.34
Energy	kcal	36	8	28
Protein	g	2.55	0.54	1.99
Total lipid (fat)	g	0.50	0.10	0.39
Carbohydrate, by difference	g	7.10	1.49	5.54
Fiber, total dietary	g	2.6	0.5	2.0
Sugars, total	g	1.74	0.37	1.36
Minerals				
Calcium, Ca	mg	36	8	28
Iron, Fe	mg	1.20	0.25	0.94
Magnesium, Mg	mg	20	4	16
Phosphorus, P	mg	56	12	44
Potassium, K	mg	317	67	247
Sodium, Na	mg	21	4	16
Zinc, Zn	mg	0.33	0.07	0.26
Vitamins				
Vitamin C, total ascorbic acid	mg	62.0	13.0	48.4
Thiamin	mg	0.107	0.022	0.083
Riboflavin	mg	0.080	0.017	0.062
Niacin	mg	0.607	0.127	0.473
Vitamin B-6	mg	0.178	0.037	0.139
Folate, DFE	µg	60	13	47
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	39	8	30
Vitamin A, IU	IU	775	163	604
Vitamin E (alpha-tocopherol)	mg	0.43	0.09	0.34

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	140.3	29.5	109.4
Lipids				
Fatty acids, total saturated	g	0.102	0.021	0.080
Fatty acids, total monounsaturated	g	0.038	0.008	0.030
Fatty acids, total polyunsaturated	g	0.255	0.054	0.199
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0