

## Basic Report 11100, Brussels sprouts, frozen, unprepared

Report Date: August 20, 2017 07:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 package (10 oz) 95g	1 package (10 oz) 284g	1 package (2 lb) 907g
<b>Proximates</b>					
Water	g	87.07	82.72	247.28	789.72
Energy	kcal	41	39	116	372
Protein	g	3.78	3.59	10.74	34.28
Total lipid (fat)	g	0.41	0.39	1.16	3.72
Carbohydrate, by difference	g	7.86	7.47	22.32	71.29
Fiber, total dietary	g	3.8	3.6	10.8	34.5
<b>Minerals</b>					
Calcium, Ca	mg	26	25	74	236
Iron, Fe	mg	0.93	0.88	2.64	8.44
Magnesium, Mg	mg	20	19	57	181
Phosphorus, P	mg	62	59	176	562
Potassium, K	mg	370	352	1051	3356
Sodium, Na	mg	10	10	28	91
Zinc, Zn	mg	0.31	0.29	0.88	2.81
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	74.1	70.4	210.4	672.1
Thiamin	mg	0.105	0.100	0.298	0.952
Riboflavin	mg	0.122	0.116	0.346	1.107
Niacin	mg	0.638	0.606	1.812	5.787
Vitamin B-6	mg	0.202	0.192	0.574	1.832
Folate, DFE	µg	123	117	349	1116
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	31	29	88	281
Vitamin A, IU	IU	617	586	1752	5596
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0

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<b>Lipids</b>					
Fatty acids, total saturated	g	0.084	0.080	0.239	0.762
Fatty acids, total monounsaturated	g	0.031	0.029	0.088	0.281
Fatty acids, total polyunsaturated	g	0.207	0.197	0.588	1.877
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

**Amino Acids**

**Other**