

Basic Report 11100, Brussels sprouts, frozen, unprepared

Report Date: July 20, 2019 06:06 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
Proximates					
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
Sugars, total	g	2.03	1.93	5.77	18.41
Minerals					
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
Vitamins					
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 E (alpha-tocopherol)	mg	0.50	0.47	1.42	4.54

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	188.7	179.3	535.9	1711.5
Lipids					
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					
Caffeine	mg	0	0	0	0