

Full Report (All Nutrients) 11100, Brussels sprouts, frozen, unprepared

Report Date: February 19, 2018 06:55 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.33 package (10 oz) 95g	1 package (10 oz) 284g	1 package (2 lb) 907g
Proximates							
Water	g	87.07	41	0.309	82.72	247.28	789.72
Energy	kcal	41	--	--	39	116	372
Energy	kJ	170	--	--	162	483	1542
Protein	g	3.78	37	0.089	3.59	10.74	34.28
Total lipid (fat)	g	0.41	36	0.034	0.39	1.16	3.72
Ash	g	0.88	35	0.033	0.84	2.50	7.98
Carbohydrate, by difference	g	7.86	--	--	7.47	22.32	71.29
Fiber, total dietary	g	3.8	--	--	3.6	10.8	34.5
Minerals							
Calcium, Ca	mg	26	36	1.312	25	74	236
Iron, Fe	mg	0.93	35	0.074	0.88	2.64	8.44
Magnesium, Mg	mg	20	14	0.555	19	57	181
Phosphorus, P	mg	62	25	2.320	59	176	562
Potassium, K	mg	370	19	12.326	352	1051	3356
Sodium, Na	mg	10	19	1.275	10	28	91
Zinc, Zn	mg	0.31	13	0.013	0.29	0.88	2.81
Copper, Cu	mg	0.033	14	0.006	0.031	0.094	0.299
Manganese, Mn	mg	0.311	13	0.015	0.295	0.883	2.821
Selenium, Se	µg	1.5	--	--	1.4	4.3	13.6
Vitamins							
Vitamin C, total ascorbic acid	mg	74.1	28	3.678	70.4	210.4	672.1
Thiamin	mg	0.105	37	0.004	0.100	0.298	0.952

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Riboflavin	mg	0.122	36	0.008	0.116	0.346	1.107
Niacin	mg	0.638	37	0.036	0.606	1.812	5.787
Pantothenic acid	mg	0.285	5	--	0.271	0.809	2.585
Vitamin B-6	mg	0.202	13	0.011	0.192	0.574	1.832
Folate, total	µg	123	9	25.454	117	349	1116
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	123	9	25.454	117	349	1116
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
Retinol	µg	0	--	--	0	0	0
Carotene, beta 1	µg	370	6	--	352	1051	3356
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
Lipids							
Fatty acids, total saturated	g	0.084	--	--	0.080	0.239	0.762
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.003	--	--	0.003	0.009	0.027
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.001	--	--	0.001	0.003	0.009
16:0	g	0.072	--	--	0.068	0.204	0.653
18:0	g	0.004	--	--	0.004	0.011	0.036
Fatty acids, total monounsaturated	g	0.031	--	--	0.029	0.088	0.281
16:1 undifferentiated	g	0.003	--	--	0.003	0.009	0.027
18:1 undifferentiated	g	0.026	--	--	0.025	0.074	0.236
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.207	--	--	0.197	0.588	1.877
18:2 undifferentiated	g	0.061	--	--	0.058	0.173	0.553
18:3 undifferentiated	g	0.134	--	--	0.127	0.381	1.215

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18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.002	--	--	0.002	0.006	0.018
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.042	--	--	0.040	0.119	0.381
Threonine	g	0.135	--	--	0.128	0.383	1.224
Isoleucine	g	0.148	--	--	0.141	0.420	1.342
Leucine	g	0.170	--	--	0.162	0.483	1.542
Lysine	g	0.172	--	--	0.163	0.488	1.560
Methionine	g	0.036	--	--	0.034	0.102	0.327
Cystine	g	0.024	--	--	0.023	0.068	0.218
Phenylalanine	g	0.110	--	--	0.104	0.312	0.998
Valine	g	0.173	--	--	0.164	0.491	1.569
Arginine	g	0.227	--	--	0.216	0.645	2.059
Histidine	g	0.085	--	--	0.081	0.241	0.771
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0

Sources of Data

¹J P Sweeney, A C Marsh Effect of processing on provitamin A in vegetables, 1971 J Am Diet Assoc 59 pp.238-243