

Basic Report 11098, Brussels sprouts, raw

Report Date: June 25, 2019 21:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 88g	1 sprout 19g
Proximates				
Water	g	86.00	75.68	16.34
Energy	kcal	43	38	8
Protein	g	3.38	2.97	0.64
Total lipid (fat)	g	0.30	0.26	0.06
Carbohydrate, by difference	g	8.95	7.88	1.70
Fiber, total dietary	g	3.8	3.3	0.7
Sugars, total	g	2.20	1.94	0.42
Minerals				
Calcium, Ca	mg	42	37	8
Iron, Fe	mg	1.40	1.23	0.27
Magnesium, Mg	mg	23	20	4
Phosphorus, P	mg	69	61	13
Potassium, K	mg	389	342	74
Sodium, Na	mg	25	22	5
Zinc, Zn	mg	0.42	0.37	0.08
Vitamins				
Vitamin C, total ascorbic acid	mg	85.0	74.8	16.1
Thiamin	mg	0.139	0.122	0.026
Riboflavin	mg	0.090	0.079	0.017
Niacin	mg	0.745	0.656	0.142
Vitamin B-6	mg	0.219	0.193	0.042
Folate, DFE	µg	61	54	12
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	38	33	7
Vitamin A, IU	IU	754	664	143
Vitamin E (alpha-tocopherol)	mg	0.88	0.77	0.17

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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	177.0	155.8	33.6
Lipids				
Fatty acids, total saturated	g	0.062	0.055	0.012
Fatty acids, total monounsaturated	g	0.023	0.020	0.004
Fatty acids, total polyunsaturated	g	0.153	0.135	0.029
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0