



Brussels Sprouts

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, Mexico, USA

Receiving Information:

- Use: Brussels sprouts can be baked, steamed, stir-fried or boiled.
- Health: Brussels sprouts contain phytonutrients, which help prevent cancer.
- Selection: Choose brussels sprouts that are firm to the touch and show no signs of decay. Avoid brussels sprouts with yellow or wilted leaves.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No

- Mist: Yes
- Odor Sensitive: No
- Decay: Brussels sprouts may decay if they are stored at high temperatures or in an area with low air circulation. Maintain proper storage temperature and provide adequate air circulation.
- Yellowing: Indication of ethylene exposure - keep away from ethylene-producing produce and ripening rooms.
- Wilting: Brussels sprouts may wilt if stored in an area with low humidity.
- Loss of color; black speckling of leaves: Indication of age - do not hold brussels sprouts for long periods of time.

- Usage: Best served cooked as vegetable side dish, but can also be pureed into soups or mixed into a vegetable medley.
- Scientific Name: Brassica oleracea var. gemmifera.
- Outside Coloring: Green.
- Shape: Look like miniature cabbages.
- Skin Texture: Smooth, glossy; similar to a cabbage.
- Flesh Description: Soft when cooked.
- Taste: Strong taste, slightly bitter.
- Phytochemical: Sulphoraphane, Indoles.

Nutrition Facts

Serving Size: 1 cup raw

Amount Per Serving

| | |
|------------------------|----------------|
| Calories 38 | Fat Calories 0 |
| | % Daily Value* |
| Total Fat 0 g | 0% |
| Sat Fat 0 g | 0% |
| Trans Fat 0 mg | 0% |
| Cholesterol 0 mg | 0% |
| Sodium 22mg | 1% |
| Total Carbohydrates 1g | 1% |
| Dietary Fiber 8g | 6% |
| Sugars 2g | |
| Protein 3g | 6% |
| Potassium 342mg | % |
| Vitamin A 5% | Vitamin C 100% |
| Calcium 4% | Iron 7% |

*Percent Daily Values are based on a 2,000-calorie diet.