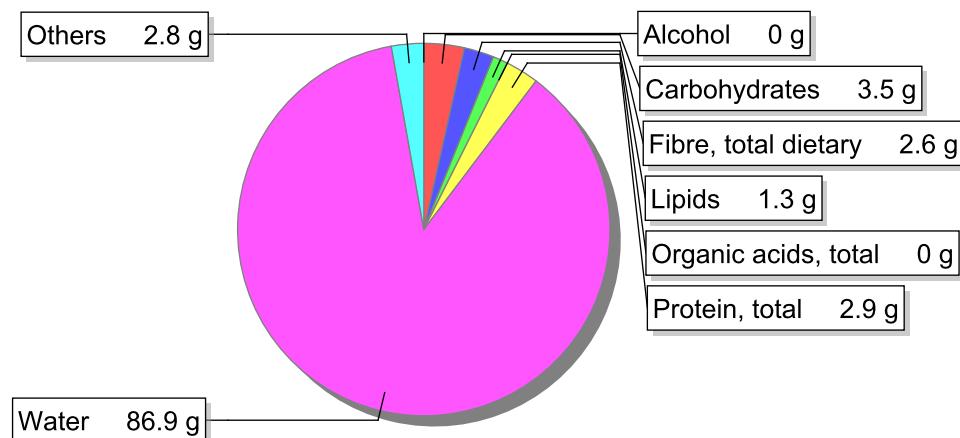


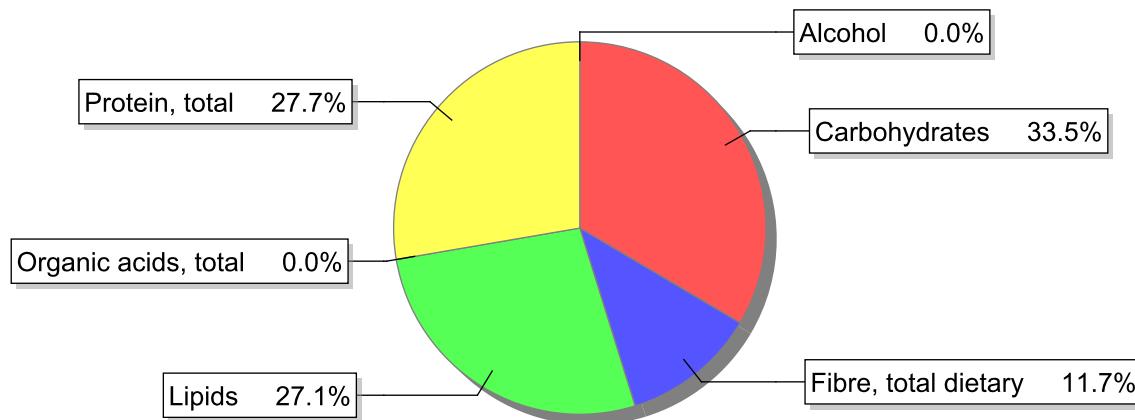
Food

Name: Brussels sprouts, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS555
FoodEX2 Code: A00FV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	43	kcal	
energy kJ, total metabolisable	178	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	3	g	
sucrose	0.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
starch, total	0.3	g	
protein, total	2.9	g	
alcohol	0	g	
water	86.9	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	53	µg	57
carotene, total (vitamin A precursors)	320	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.9	mg	57
thiamin	0.07	mg	57
riboflavin	0.09	mg	57
niacin, preformed	0.13	mg	
niacin equivalents, total	0.63	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.19	mg	57
vitamin B-12	0	µg	
vitamin C	60	mg	57
folate, total	110	µg	57
iodide	1.7	µg	1140
sodium	73	mg	
potassium	310	mg	
calcium	20	mg	
phosphorus	61	mg	
magnesium	13	mg	57
iron, total	0.5	mg	57
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
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