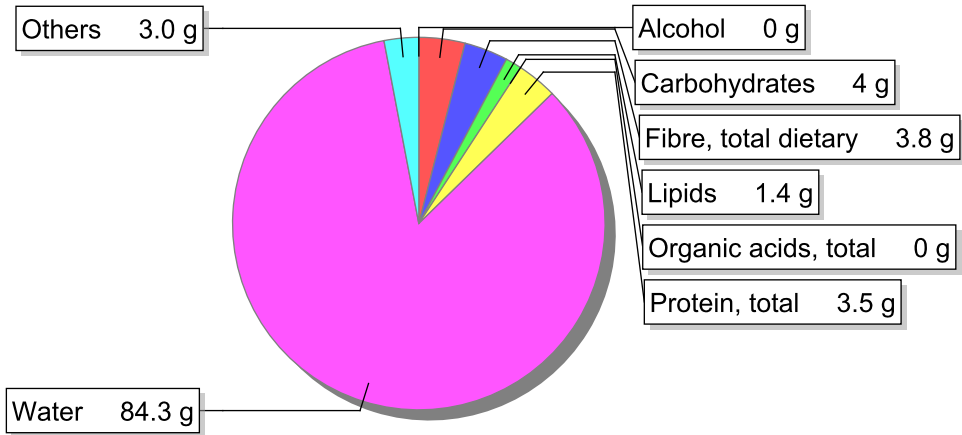


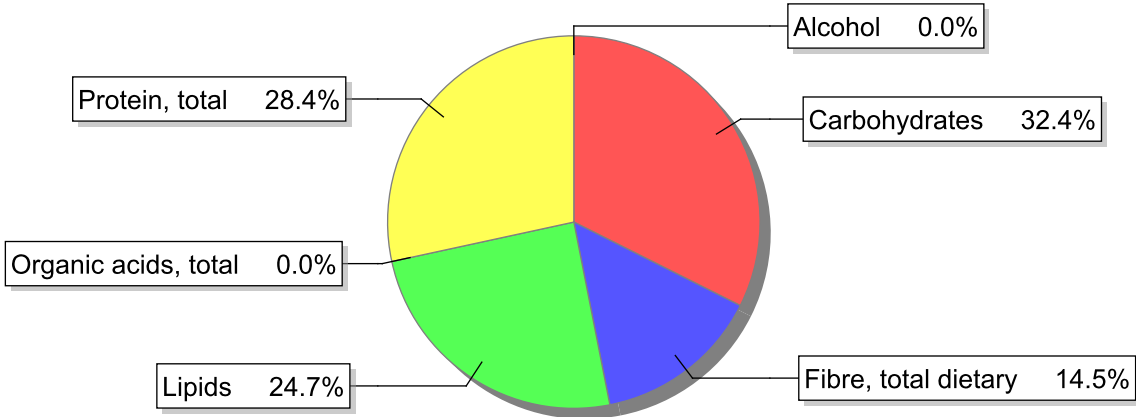
Food

Name: Brussels sprouts, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 80%
Code: IS554
FoodEX2 Code: A00FV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	50	kcal	
energy kJ, total metabolisable	210	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	3.1	g	
sucrose	0.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
fibre, total dietary	3.8	g	
protein, total	3.5	g	
alcohol	0	g	
water	84.3	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	36	µg	
carotene, total (vitamin A precursors)	215	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.15	mg	
riboflavin	0.11	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	0	µg	
vitamin C	115	mg	
folate, total	135	µg	
ash	1.40	g	
sodium	6	mg	
potassium	450	mg	
calcium	26	mg	
phosphorus	77	mg	
magnesium	8	mg	
iron, total	0.7	mg	57
zinc	0.5	mg	57

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