

# BRUSSELS SPROUTS

GROWN IN MINNESOTA



## Nutrition Facts

Serving size 1/2 cup (78g)

<b>Calories</b> 28	Calories from fat 3		
<b>Total Fat</b> 0g			
<b>Total Carbohydrate</b> 6g	6%		
Dietary Fiber 2g	8%		
<b>Protein</b> 2g			
Vit A 12%	Vit C 81%	Cal 3%	Iron 5%

## Health Benefits

- Brussels sprouts contain glucosinolates (important phytonutrient), which may prevent cancer
- High fiber content supports a healthy digestive system
- Vitamin K helps to avoid chronic, excessive inflammation in the body

## DIFFERENT USES

- Add steamed Brussels sprouts to your favorite pasta dish, stir fry, or vegetable pot pie recipe.
- Boil Brussels sprouts and coat with a mixture of vegetable broth and mustard.
- Simply roast Brussels sprouts at 400 degrees for 40 minutes. Toss with small amount of olive oil before baking
- Halve Brussels sprouts and steam until soft. Top with grated low fat Cheddar cheese.

## FUN FACT

- Look for Minnesota grown Brussels sprouts in September and October at the local farmer's market.
- Brussels sprouts are named after Brussels, Belgium where they were widely cultivated and therefore is always plural and capitalized.
- Brussels sprouts are apart of the Brassica family along with kale, broccoli, cabbage, and collard greens
- California is the top producer of Brussels sprouts in the United States

