

## **Beneficial Bites** **Brussels Sprouts**

Brussels sprouts contain the same flavors, vitamins, and antioxidants as cabbage in a convenient, bite size crunch! Selecting, storing, and preparing your sprouts is key to unlock the nutty, sweet, and complex flavor these nutritious vegetables provide.

When biting into a hearty Brussels sprout it's not hard to believe they originated in the harsh soil conditions of Europe. Hailing from Brussels, Belgium, this cold-weather vegetable has been a staple in European comfort food for thousands of years.

The tightly-packed, overlapping leaves from this member of the cabbage family are sure to add crunch and texture to any meal, along with a lengthy list of health benefits.

Similar to cabbage, Brussels sprouts are delicious prepared by roasting, sautéing, stir-frying, grilling, or boiling.

When cooking it is important that Brussels sprouts are used while fresh and not overcooked or else they may be bitter and not as delicious!

When shopping look for bright green (Not yellow, or pale green) buds and little to no hanging leaves. The tighter and brighter the sprout the tastier!

## **Beneficial Bites** **Brussels Sprouts**

Brussels sprouts contain the same flavors, vitamins, and antioxidants as cabbage in a convenient, bite size crunch! Selecting, storing, and preparing your sprouts is key to unlock the nutty, sweet, and complex flavor these nutritious vegetables provide.

When biting into a hearty Brussels sprout it's not hard to believe they originated in the harsh soil conditions of Europe. Hailing from Brussels, Belgium, this cold-weather vegetable has been a staple in European comfort food for thousands of years.

The tightly-packed, overlapping leaves from this member of the cabbage family are sure to add crunch and texture to any meal, along with a lengthy list of health benefits.

Similar to cabbage, Brussels sprouts are delicious prepared by roasting, sautéing, stir-frying, grilling, or boiling.

When cooking it is important that Brussels sprouts are used while fresh and not overcooked or else they may be bitter and not as delicious!

When shopping look for bright green (Not yellow, or pale green) buds and little to no hanging leaves. The tighter and brighter the sprout the tastier!

## **Beneficial Bites** **Brussels Sprouts**

Brussels sprouts contain the same flavors, vitamins, and antioxidants as cabbage in a convenient, bite size crunch! Selecting, storing, and preparing your sprouts is key to unlock the nutty, sweet, and complex flavor these nutritious vegetables provide.

When biting into a hearty Brussels sprout it's not hard to believe they originated in the harsh soil conditions of Europe. Hailing from Brussels, Belgium, this cold-weather vegetable has been a staple in European comfort food for thousands of years.

The tightly-packed, overlapping leaves from this member of the cabbage family are sure to add crunch and texture to any meal, along with a lengthy list of health benefits.

Similar to cabbage, Brussels sprouts are delicious prepared by roasting, sautéing, stir-frying, grilling, or boiling.

When cooking it is important that Brussels sprouts are used while fresh and not overcooked or else they may be bitter and not as delicious!

When shopping look for bright green (Not yellow, or pale green) buds and little to no hanging leaves. The tighter and brighter the sprout the tastier!

## Beneficial Bites

### Health Benefits of Brussels Sprouts

Brussels sprouts is an excellent source of vitamin C containing 102% of the recommended daily value, and an excellent source of vitamin K containing 169% of the recommended daily value.

High levels of Vitamins C and K make Brussels sprouts a great food for building immunity (vitamin C) and strengthening bones (Vitamin K).

Brussels sprouts also contain moderate amounts of B vitamins such as folate and vitamin B6.

A cup of Brussels sprouts contains an impressive 11 grams of healthy carbohydrates and 4 grams of protein.

Brussels sprouts and other green vegetables of the cabbage family are rich in sulphoraphane (sulfur-a-fain).

This chemical provides a rich green color to fruits and vegetables in which it's found and is being studied for its possible use in preventing heart disease and reducing high blood pressure.



## Beneficial Bites

### Health Benefits of Brussels Sprouts

Brussels sprouts is an excellent source of vitamin C containing 102% of the recommended daily value, and an excellent source of vitamin K containing 169% of the recommended daily value.

High levels of Vitamins C and K make Brussels sprouts a great food for building immunity (vitamin C) and strengthening bones (Vitamin K).

Brussels sprouts also contain moderate amounts of B vitamins such as folate and vitamin B6.

A cup of Brussels sprouts contains an impressive 11 grams of healthy carbohydrates and 4 grams of protein.

Brussels sprouts and other green vegetables of the cabbage family are rich in sulphoraphane (sulfur-a-fain).

This chemical provides a rich green color to fruits and vegetables in which it's found and is being studied for its possible use in preventing heart disease and reducing high blood pressure.



## Beneficial Bites

### Health Benefits of Brussels Sprouts

Brussels sprouts is an excellent source of vitamin C containing 102% of the recommended daily value, and an excellent source of vitamin K containing 169% of the recommended daily value.

High levels of Vitamins C and K make Brussels sprouts a great food for building immunity (vitamin C) and strengthening bones (Vitamin K).

Brussels sprouts also contain moderate amounts of B vitamins such as folate and vitamin B6.

A cup of Brussels sprouts contains an impressive 11 grams of healthy carbohydrates and 4 grams of protein.

Brussels sprouts and other green vegetables of the cabbage family are rich in sulphoraphane (sulfur-a-fain).

This chemical provides a rich green color to fruits and vegetables in which it's found and is being studied for its possible use in preventing heart disease and reducing high blood pressure.

