



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 **Brussels Sprouts**

Brussels sprouts are a great option to add fiber, vitamins C and K, and color to your meals. Delicious when prepared correctly, Brussels sprouts can be seasoned with a wide variety of spices or sauces and work as a side-dish with almost anything!

Preparation is key. Here are some tasty recipes and tips for cooking delicious sprouts!

- Sautéed Brussels
 - Throw in chili flakes, oregano, & other spice
- Grilled Brussel sprouts
 - Skewer for easy rotation
- Broil and chop into favorite salads
 - Brussels go well with balsamic dressings
- Roast and mix with fruits/ nuts
 - Grapes and walnuts bring out the savory sweetness of Brussels sprouts.



Brussels Sprouts Fun Facts

- Largest producers of Brussels sprouts worldwide are the Netherlands, Germany, California and Washington.
- In Europe Brussels sprouts are a staple of holiday cuisine.
- Overcooking sprouts makes them smell like rotten eggs due to the high levels of sulfur-like chemicals they contain.
- The reason why you love or despise Brussel sprouts may come down to your genes. People who dislike Brussel sprouts may have a gene that allows tasting of bitter flavors most people cannot.
- A 2008 study by Heinz revealed that Brussels sprouts are the most-hated vegetable in America. Don't let this dissuade you from trying!
- Brussel sprouts also come in red varieties which are easier to find in Europe