

Nutrition Facts

Brussels sprouts Serving size (100g)

Amount Per Serving

Calories

45

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 9g **3%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 42mg 4%

Iron 1.4mg 8%

Potassium 0mg 0%

Vitamin A 38mcg 0%

Vitamin C 85mg 90%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.