

Health benefits of brussel sprouts

- Brussel sprouts are one of the low-glycemic nutritious vegetables that should be considered in weight reduction programs. 100 grams of brussel sprouts provide just 45 calories, nonetheless, they contain 3.38 g of protein, 3.80 g of dietary fiber (10% of RDA) and zero cholesterol.
- In fact, brussels sprouts are a storehouse of several flavonoid anti-oxidants such *asthiocyanates*, *indoles*, *lutein*, *zea-xanthin*, *sulforaphane* and *isothiocyanates*. Together, these phytochemicals offer protection from prostate, colon, and endometrial cancers.
- Additionally, brussel sprouts contain a glucoside, **sinigrin**. Early laboratory studies suggest that sinigrin helps protect from colon cancers by destroying pre-cancerous cells.
- Brussel sprouts are an excellent sources of **vitamin C**; 100 g sprouts provide about 85 mg or 142% of RDA. Together with other antioxidant vitamins such as vitamin A and E, it helps protect the human body by trapping harmful free radicals.

Principle	Nutrient Value	Percentage of RDA
Energy	43 Kcal	2%
Carbohydrates	8.95 g	7%
Protein	3.38 g	6%
Total Fat	0.30 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	3.80 g	10%
Thiamin	0.139 mg	13%
Vitamin A	754 IU	25%
Vitamin C	85 mg	142%
Vitamin K	177 µg	147%
Calcium	42 mg	4%
Copper	0.70 mg	8%
Iron	1.40 mg	17.5%
Magnesium	23 mg	6%
Manganese	0.337 mg	15%
Phosphorus	69 mg	10%
Selenium	1.6 µg	3%
Zinc	0.42 mg	4%