NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose Brussels sprouts that are firm, compact, and have bright green heads.

Storage:

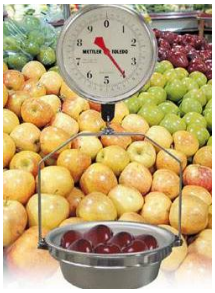
Store unwashed Brussels sprouts in a plastic bag in refrigerator for up to 1 week.

Refrigerator: Up to 1 week

Use:

Remove any yellow or wilted outer leaves on the Brussels sprouts. Rinse thoroughly before preparing. Trim stem ends. Cut a shallow "x" in the base with a small knife for faster cooking. Brussels sprouts can be eaten raw, microwaved, boiled, or steamed.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of Brussels sprouts you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Brussels Sprouts

Use this table to find the total cost.
Example: What is the total cost for 1.5 lbs of Brussels sprouts at $1.19 per lb? **1.5 lbs x $1.19 = $1.79**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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Nutrition:

4 medium Brussels Sprouts

Nutrition Facts	
Serving Size 4 sprouts (84g)	
Amount Per Serving	
Calories 40	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 2g	
Vitamin A 8%	Vitamin C 120%
Calcium 2%	Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 4 medium Brussels sprouts. All Brussels sprouts are not the same size, but you can use this to estimate the nutrition content for smaller or larger Brussels sprouts.

Recipe:

Brussels Sprouts with Mustard Glaze

Preparation Time: 30 minutes
Serves 4
Cups of Vegetables per Serving: ½

Ingredients:

3 cups Brussels sprouts
¾ cup vegetable broth
1 tablespoon mustard
salt and pepper, to taste

Preparation:

1.) Rinse and trim Brussels sprouts.
2.) Bring a large pot of water to a rolling boil over high heat. Add Brussels sprouts and cook about 10-12 minutes. Drain and reserve.
3.) Return pot to high heat. Add vegetable broth and mustard, whisking until the mustard is evenly blended.
4.) Simmer mixture until lightly thickened, about 2 minutes.
5.) Return Brussels sprouts to the pot. Add salt and pepper to taste. Stir and toss until evenly coated.

Nutrition Information per Serving:

Calories 48, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 130 mg, Carbohydrates 7 g, Dietary Fiber 3 g, Protein 2 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.