



Brussels Sprouts, Cleaned/Halved

Purchasing Specifications

Availability:

Year round

Pack Size:

4/5 lb

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- Usage: Best served cooked as vegetable side dish, but can also be pureed into soups or mixed into a vegetable medley.
- Scientific Name: Brassica oleracea var. gemmifera.
- Outside Coloring: Green.
- Skin Texture: Smooth, glossy; similar to a cabbage.
- Flesh Description: Soft when cooked.
- Taste: Strong taste, slightly bitter and sulphuric
- Phytochemical: Sulphoraphane, Indoles.

Nutrition Facts

Serving Size: 1 cup raw

Amount Per Serving

Calories 38	Fat Calories 0
	% Daily Value*
Total Fat 0 g	0%
Sat Fat 0 g	0%
Trans Fat 0 mg	0%
Cholesterol 0 mg	0%
Sodium 22mg	1%
Total Carbohydrates 1g	1%
Dietary Fiber 8g	6%
Sugars 2g	
Protein 3g	6%
Potassium 342mg	%
Vitamin A 5%	Vitamin C 100%
Calcium 4%	Iron 7%

*Percent Daily Values are based on a 2,000-calorie diet.