

**MICRODRIED® BRUSSELS SPROUTS**  
Whole



Analysis Name	Results	Units (per 100g)
Calories	360	Cal
Carbohydrates	66.81	g
Total Sugars	16.49	g
Fructose	6.97	g
Glucose	6.07	g
Lactose	0.00	g
Maltose	0.00	g
Sucrose	3.45	g
Added Sugar	0	g
Total Fat	3.07	g
Trans Fat	0	g
Saturated Fat	0.63	g
Monounsaturated Fat	1.32	g
Polyunsaturated Fat	1.50	g
Cholesterol	0	mg
Total Dietary Fiber	28.50	g
Protein	18.90	g
Vitamin A (Beta Carotene)	231.25	IU/100g
Vitamin C	296.40	mg
Vitamin D	0	mg
Calcium	195	mg
Potassium	2775	mg
Iron	6.97	mg
Sodium	75.0	mg
Ash	6.60	g

*Data obtained from multiple sources including testing and literature.  
Data is not lot specific and should not be considered a specification.*

**Milne MicroDried®**

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