

PRODUCT NAME

Brussels Sprouts (Brassica oleracea)

PRODUCT DESCRIPTION

Brussel sprouts are tiny, leafy green buds resembling like miniature cabbages in appearance. Are a part of the cruciferous vegetable family, all of which supply a rich variety of nutrients with few calories. they also pack a number of health benefits, including their ability to lower cholesterol, balance hormone levels, improve digestion, reduce oxidative stress, protect the heart, aid the immune system, and increase circulation, among others.

Production Place

Guatemala

NUTRITIONAL COMPOSITION (1 cup 88g)

Calories	38
Carbohydrates	7.88g
Fats	0.26g
Fiber	3.3g
Water	75.68mg
Cholesterol	0mg
Proteins	2.97g

PRESENTATION AND COMMERCIAL PACKAGING

3lbs Crate
6 bag of 0.5lbs each
378 crates per pallet

16lbs Crate
2 bags of 2lbs each
104 crates per pallet



ORGANOLEPTIC CHARACTERISTICS

Color: Dark Green
Smell: characteristic
Consistency: compact
Flavor: comparable to fresh product

CERTIFICATIONS

