

Ingredient Spotlight

Brussels Sprouts

WHAT ARE THE BENEFITS?

- Brussels sprouts are extremely high in both vitamin C, an antioxidant that supports tissue repair and iron absorption, as well as vitamin K, essential for appropriate blood clotting and bone health
- As part of the cruciferous vegetable family, these low calorie veggies are high in fiber with just 1/2 cup of cooked brussels sprouts providing 2 grams of fiber

WHEN IS IT IN SEASON?

- Late August through March

