







PRODUCT TECHNICAL SPECIFICATIONS

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	Our main objective is to meet the needs of our customers and that is why we are able to pack our products according to their specifications and requirements.	An example of our packing are the 3lbs and 16lbs crates.	
			
ORGANOLEPTIC CHARACTERISTICS	Color: Dark Green Smell: characteristic Consistency: compact Flavor: comparable to fresh product		
CERTIFICATIONS			Organic FDA Inspections & Approved Local Inspections PACA License