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- Can consume raw or cooked: Overcooking may cause bitter taste; Roasting brings out the best flavor
 - Good source of iron, potassium, phosphorus & copper
 - Contain fiber that helps lower cholesterol & blood sugars
 - Provide multiple compounds known to protect against many types of cancer
 - Excellent source of vitamin K, lowers inflammation and risk for rheumatoid arthritis & type 2 diabetes; Helps absorb calcium for bone & heart health
 - Excellent source of antioxidants vitamin C & beta-carotene, more than many of the other cruciferous vegetables
- Potential benefits of consuming pears:**
- 38 Calories, 3 gm protein, 3 gm fiber, 0.3 gm fat, no cholesterol

Health Benefits of Brussels Sprouts

1/2 cup cooked or 1 cup raw Brussels sprouts provides:

A member of the cruciferous family (like cabbage & broccoli), it is high in protein & nutrients that fight chronic diseases like cancer and diabetes.



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