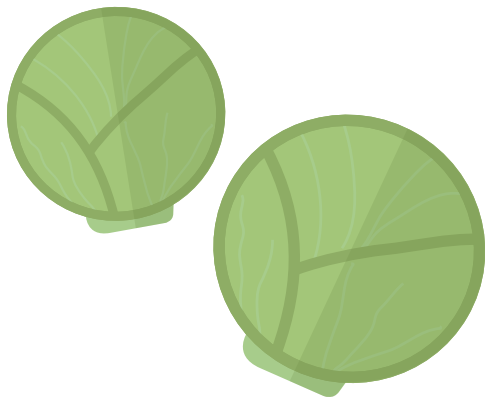


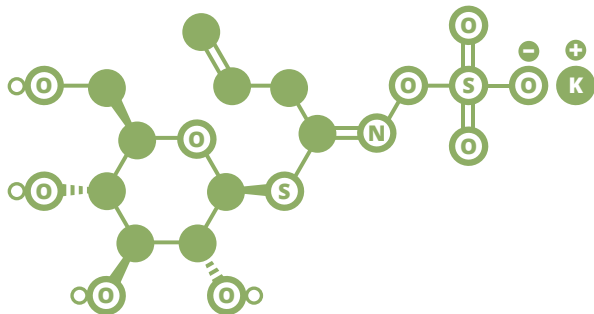
BRUSSELS SPROUTS CHEMISTRY



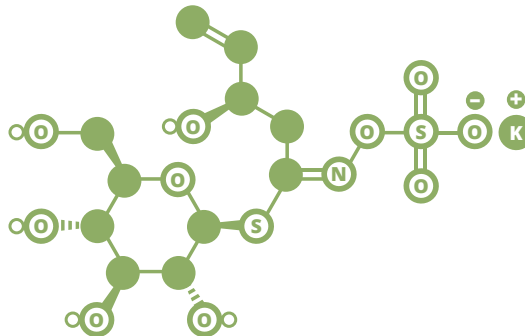
Brussels sprouts contain high levels of glucosinolate compounds, such as sinigrin and progoitrin. These are broken down into several compounds when the tissue of the sprouts is damaged, including isothiocyanates, which contribute to the bitterness of sprouts. Studies suggest sensitivity to this bitterness may have a genetic component.

- Carbon ○ Oxygen ○ Hydrogen
● Nitrogen ● Sulfur ● Potassium

Hydrogens on carbon atoms implied; each carbon has 4 bonds.



SINIGRIN



PROGOITRIN

