



Annie Lau's Garlic Stir-Fried Brussels Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 2 cups brussels sprouts trimmed halved
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 garlic clove minced
- ☐ 4 servings pepper black freshly ground

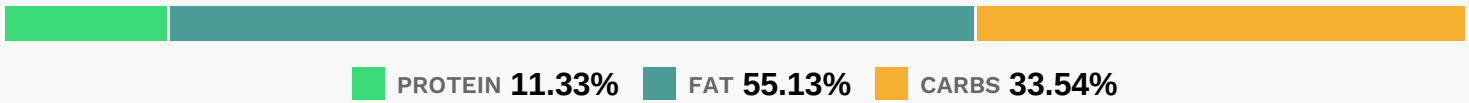
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in nonstick skillet over medium heat.
- ☐ Add the garlic and cook until fragrant and light brown.
- ☐ Add the Brussels sprouts and turn heat to medium-high. Season with salt and pepper.
- ☐ Do not disturb for about a minute, so the edges caramelize, then toss. Leave for another minute or more. If the sprouts have not picked up enough golden color toss again. The more caramelization (browning) you get, the better the flavor (high heat is key!). Be careful not to overcook, though, as that releases that nasty sulfur odor that puts people off Brussels sprouts.
- ☐ Taste and adjust seasoning with salt and pepper.
- ☐ Serve immediately.
- ☐ Reprinted with permission from One Big Table: A Portrait of American Cooking by Molly O'Neill, (C) 2010 Simon & Schuster

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:8.6869564626528%

Flavonoids

Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 54.58kcal (2.73%), Fat: 3.65g (5.62%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 3.23g (1.18%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 11.6mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin K: 80.2µg (76.38%), Vitamin C: 38.34mg (46.47%), Manganese: 0.21mg (10.56%), Fiber: 1.76g (7.04%), Folate: 26.95µg (6.74%), Vitamin B6: 0.13mg (6.69%), Vitamin A: 332.58IU (6.65%), Vitamin E: 0.89mg (5.96%), Potassium: 184.55mg (5.27%), Vitamin B1: 0.07mg (4.48%), Iron: 0.7mg (3.87%), Phosphorus: 35.11mg (3.51%), Magnesium: 11.04mg (2.76%), Vitamin B2: 0.04mg (2.53%), Calcium: 24.39mg (2.44%), Copper: 0.04mg (2.06%), Vitamin B3: 0.35mg (1.75%), Selenium: 1.13µg (1.62%), Vitamin B5:

0.16mg (1.55%), Zinc: 0.22mg (1.47%)