



Asian Roasted Brussels Sprouts with Cranberries



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts halved
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon canola oil
- ☐ 1 teaspoon sriracha
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons fish sauce
- ☐ 2 tablespoons sugar

☐ 2 tablespoons water

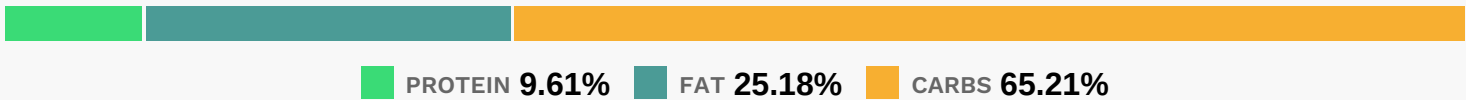
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Place Brussels sprouts in a 15- x 10-inch jelly-roll pan; drizzle with 1 tablespoon oil, tossing to coat. Arrange sprouts on pan, cut sides down, and bake 30 minutes or until tender and browned.
- ☐ Meanwhile, bring sugar and water to a boil in a small saucepan over medium-high heat, stirring constantly to dissolve sugar.
- ☐ Remove from heat. Stir in cranberries, and let stand 10 minutes.
- ☐ Whisk together fish sauce, chili-garlic sauce, and 1 teaspoon canola oil in a large bowl. Stir in cranberry mixture.
- ☐ Add roasted Brussels sprouts to cranberry mixture, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:8.7991306069105%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

0.15mg, Myricetin: 0.15mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 65.16kcal (3.26%), Fat: 2.01g (3.09%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 9.65g (3.51%), Sugar: 8.01g (8.9%), Cholesterol: 0mg (0%), Sodium: 318.98mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin K: 82.03µg (78.12%), Vitamin C: 38.59mg (46.77%), Manganese: 0.18mg (8.87%), Fiber: 2.07g (8.26%), Folate: 29.51µg (7.38%), Vitamin A: 342.44IU (6.85%), Vitamin B6: 0.12mg (5.79%), Vitamin E: 0.84mg (5.61%), Potassium: 189.83mg (5.42%), Vitamin B1: 0.06mg (4.28%), Magnesium: 17mg (4.25%), Iron: 0.69mg (3.82%), Phosphorus: 32.03mg (3.2%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.45mg (2.27%), Calcium: 21.26mg (2.13%), Copper: 0.04mg (1.9%), Vitamin B5: 0.16mg (1.58%), Selenium: 1.1µg (1.58%), Zinc: 0.2mg (1.36%)