



WHATSheATE



HEALTH SCORE

79%

Browned Brussels Sprouts with Orange and Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients



8 servings pepper black freshly ground to taste



2 pounds brussels sprouts trimmed cut in half



1 orange zest juiced



8 servings salt to taste



1 tablespoon walnut oil



0.3 cup walnuts chopped

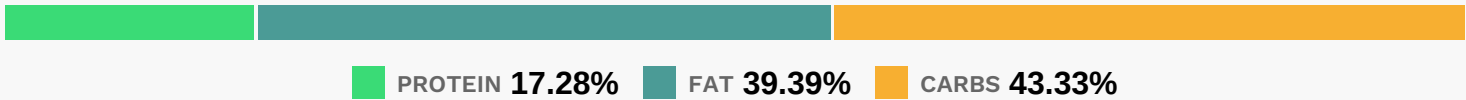
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Evenly spread walnut oil over bottom of a large, heavy skillet over medium-high heat.
- ☐ Place Brussels sprout halves in skillet cut side down. Cook 5 to 10 minutes, until cut sides are lightly browned.
- ☐ Pour orange juice over sprouts in skillet, and continue cooking 5 minutes or until sprouts are tender.
- ☐ Transfer to a large bowl.
- ☐ Place the walnuts in a small skillet over medium heat. Cook 5 minutes, stirring frequently, until lightly toasted. Gently toss Brussels sprouts with toasted walnuts and orange zest. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:16.800000055977%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 89.85kcal (4.49%), Fat: 4.48g (6.89%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 6.35g (2.31%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 222.28mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin K: 201.24µg (191.66%), Vitamin C: 98.48mg (119.36%), Manganese: 0.52mg (26.01%), Fiber: 4.74g (18.95%), Folate: 73.22µg (18.31%), Vitamin A: 862.6IU (17.25%), Vitamin B6: 0.27mg (13.55%), Potassium: 461.79mg (13.19%), Vitamin B1: 0.17mg (11.47%), Iron: 1.72mg (9.54%), Phosphorus: 91.37mg (9.14%), Magnesium: 32.36mg (8.09%), Copper: 0.14mg (7.02%), Vitamin E: 1.04mg (6.9%), Vitamin B2: 0.11mg (6.42%), Calcium: 54.19mg (5.42%), Vitamin B3: 0.9mg (4.5%), Zinc: 0.59mg (3.96%), Vitamin B5: 0.38mg (3.8%), Selenium: 2.01µg (2.88%)