



WHATSheATE



HEALTH SCORE

83%

Brussel Leaf and Baby Spinach Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup marcona almonds
- ☐ 4 cups baby spinach
- ☐ 1 pound brussels sprouts
- ☐ 1 tablespoon champagne vinegar
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 pinches sea salt generous

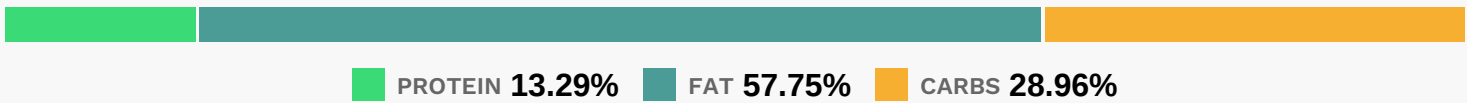
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Working with one brussels sprout at a time, peel each individual leaf, starting from the outside and working toward the middle. Continue to peel until you get to the tough core where it is just too tight to pull any more leaves. Discard the core and put the leaves in a big bowl. Repeat with the remaining brussels sprouts.
- ☐ Over medium heat, warm the olive oil in a large frying pan.
- ☐ Add all of the brussels leaves and sauté for about 30 seconds.
- ☐ Add the vinegar and maple syrup and toss to coat.
- ☐ Add the spinach to the pan and toss until it is just barely wilted. It is better just slightly underdone in this case, as it will continue to cook in its own heat.
- ☐ Sprinkle with the salt and Marcona almonds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:3.4, Inflammation Score:-10, Nutrition Score:27.582608658334%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 3.81mg, Naringenin: 3.81mg, Naringenin: 3.81mg, Naringenin: 3.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 235.25kcal (11.76%), Fat: 16.38g (25.2%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 11.27g (4.1%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 246.91mg (10.74%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Vitamin K: 349.83µg (333.17%), Vitamin C: 104.84mg (127.08%), Vitamin A: 3668.3IU (73.37%), Manganese: 1.18mg (58.85%), Vitamin E: 7.19mg (47.94%), Folate: 135.24µg (33.81%), Fiber: 7.2g (28.81%), Vitamin B2: 0.43mg (25.06%), Magnesium: 99.25mg (24.81%), Potassium: 752.36mg (21.5%), Phosphorus: 179.22mg (17.92%), Iron: 3.13mg (17.37%), Vitamin B6: 0.33mg (16.57%), Copper: 0.3mg (15.15%), Vitamin B1: 0.22mg (14.73%), Calcium: 131.28mg (13.13%), Vitamin B3: 1.71mg (8.57%), Zinc: 1.23mg (8.2%), Vitamin B5: 0.45mg (4.54%), Selenium: 2.85µg (4.07%)