



HEALTH SCORE

78%

Brussels Sprout-Leaf Salad



Gluten Free



Very Healthy

READY IN



26 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup almonds sliced



2 cups baby arugula



1 head belgian endive cut into 1/2-inch pieces



1.5 pounds brussels sprouts



4 servings kosher salt and pepper black freshly ground



0.3 cup freshly lemon juice from 1 large lemon



0.3 cup olive oil extra-virgin



0.3 cup pecorino cheese grated

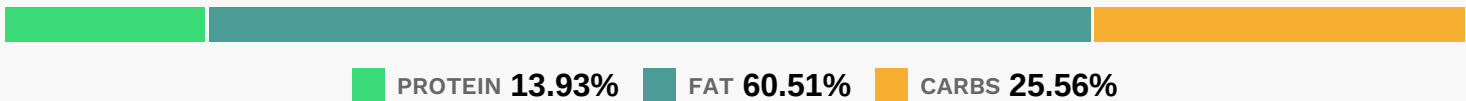
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Dressing: In a small bowl, whisk together the olive oil and lemon juice until combined. Season with salt and pepper, to taste.
- ☐ Salad: Using a small paring knife, remove the outer leaves from the Brussels sprouts. Reserve the cores for another use. Bring a large saucepan of water to a boil over medium-high heat.
- ☐ Add the Brussels sprout leaves and cook for 1 minute.
- ☐ Drain and put in a bowl of iced water, then transfer to a colander to drain.
- ☐ Put the Brussels sprout leaves, arugula, endive, and almonds into a large salad bowl.
- ☐ Add the dressing and toss together.
- ☐ Sprinkle with the cheese and serve.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:24.76826084308%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 5.84mg, Naringenin: 5.84mg, Naringenin: 5.84mg, Naringenin: 5.84mg

Naringenin: 5.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 277.48kcal (13.87%), Fat: 20.2g (31.08%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 11.13g (4.05%), Sugar: 4.73g (5.25%), Cholesterol: 8.67mg (2.89%), Sodium: 146.01mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.93%), Vitamin K: 320.45µg (305.19%), Vitamin C: 152.36mg (184.67%), Manganese: 0.81mg (40.5%), Vitamin E: 5.49mg (36.6%), Fiber: 8.06g (32.26%), Folate: 125.39µg (31.35%), Vitamin A: 1559.8IU (31.2%), Potassium: 807.07mg (23.06%), Phosphorus: 227.6mg (22.76%), Vitamin B6: 0.41mg (20.51%), Calcium: 200.74mg (20.07%), Vitamin B1: 0.27mg (18.11%), Magnesium: 70.35mg (17.59%), Vitamin B2: 0.29mg (16.82%), Iron: 3.01mg (16.7%), Copper: 0.22mg (10.93%), Zinc: 1.25mg (8.3%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.68mg (6.81%), Selenium: 4.32µg (6.17%), Vitamin B12: 0.09µg (1.56%)