



Brussels Sprout Salad

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 cups baby arugula
- 1 pound brussels sprouts ends trimmed sliced into quarters
- 1 tablespoon dijon mustard
- 0.5 cup feta cheese crumbled
- 1 gala apple diced
- 6 servings kosher salt and pepper black freshly ground
- 0.8 cup olive oil
- 2 tablespoons olive oil

- 1 cup grapes red seedless sliced in half
- 0.3 cup red wine vinegar (or your choice of vinegar)
- 1 shallots minced

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Line a baking sheet with foil for easy clean up.
- Add the Brussels sprouts to the prepared baking sheet, drizzle with the olive oil and season with salt and pepper. Toss everything together. Roast the Brussels sprouts until tender, 30 to 35 minutes.
- Add the arugula, apples, grapes and feta cheese to a large salad bowl.
- Add roasted Brussels sprouts and toss everything together.
- Drizzle with about 1/2 cup of the Simple Vinaigrette. Toss everything together.
- Add the oil, vinegar, mustard and shallots to a jam jar and shake it up. Taste for seasoning and adjust as necessary with salt and pepper.

Nutrition Facts



PROTEIN 9.96% **FAT 56.74%** **CARBS 33.3%**

Properties

Glycemic Index:43.83, Glycemic Load:4.77, Inflammation Score:-8, Nutrition Score:17.293912974389%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate:
0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:
0.06mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 0.03mg,
Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg,
Luteolin: 0.32mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg
Kaempferol: 6.51mg, Kaempferol: 6.51mg, Kaempferol: 6.51mg, Kaempferol: 6.51mg Quercetin: 3.99mg, Quercetin:
3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 13.27g (20.42%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 17.52g (5.84%),
Net Carbohydrates: 13.16g (4.79%), Sugar: 9.42g (10.47%), Cholesterol: 11.13mg (3.71%), Sodium: 195.72mg (8.51%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Vitamin K: 162.84µg (155.08%), Vitamin C:
69.35mg (84.06%), Vitamin A: 1053.74IU (21.07%), Manganese: 0.38mg (19.01%), Fiber: 4.36g (17.44%), Folate:
69.3µg (17.33%), Vitamin E: 2.32mg (15.49%), Vitamin B6: 0.28mg (14.06%), Potassium: 466.83mg (13.34%),
Calcium: 128.64mg (12.86%), Vitamin B2: 0.22mg (12.71%), Phosphorus: 117.48mg (11.75%), Vitamin B1: 0.16mg
(10.77%), Iron: 1.71mg (9.5%), Magnesium: 33.52mg (8.38%), Copper: 0.12mg (5.88%), Selenium: 4.06µg (5.81%),
Zinc: 0.82mg (5.48%), Vitamin B5: 0.48mg (4.79%), Vitamin B3: 0.84mg (4.18%), Vitamin B12: 0.21µg (3.52%)