



Brussels Sprout Salad

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



1262 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons almonds smoked
- ☐ 0.5 pound brussels sprouts ()
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 tablespoon blueberries dried
- ☐ 2 tablespoons cranberries dried
- ☐ 0.5 small clove garlic minced
- ☐ 1 tablespoon honey
- ☐ 1 serving kosher salt and pepper freshly ground

- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 0.5 ounce manchego cheese shaved
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 cup vegetable oil
- ☐ 1 teaspoon whole-grain mustard

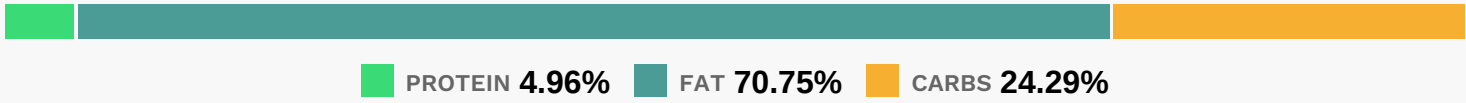
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the vegetable oil and olive oil in a small bowl. In a large bowl, whisk the honey, vinegar, lemon juice, lemon zest, mustard, garlic, 1/2 teaspoon salt and a pinch of pepper.
- ☐ Slowly whisk the oil mixture into the vinegar mixture until combined. Refrigerate at least 1 hour; store in an airtight container up to 1 week.
- ☐ Make the salad: Toss the Brussels sprout leaves, dried blueberries and cranberries, almonds and 1/4 cup dressing in a large bowl. Pile the salad onto a plate. Top with the manchego and season with pepper.
- ☐ Serve with bagel chips, if desired.

Nutrition Facts



Properties

Glycemic Index:156.27, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:34.537826164909%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 7.65mg, Naringenin: 7.65mg, Naringenin: 7.65mg, Naringenin: 7.65mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 1262.17kcal (63.11%), Fat: 103.32g (158.95%), Saturated Fat: 16.93g (105.79%), Carbohydrates: 79.83g (26.61%), Net Carbohydrates: 64.88g (23.59%), Sugar: 53.05g (58.95%), Cholesterol: 15.17mg (5.06%), Sodium: 401.66mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin K: 496.45µg (472.81%), Vitamin C: 197.13mg (238.94%), Vitamin E: 18.23mg (121.52%), Manganese: 1.38mg (68.94%), Fiber: 14.95g (59.79%), Folate: 149.53µg (37.38%), Vitamin A: 1792.59IU (35.85%), Potassium: 1201.28mg (34.32%), Calcium: 321.63mg (32.16%), Vitamin B6: 0.57mg (28.34%), Magnesium: 112.29mg (28.07%), Iron: 4.95mg (27.52%), Vitamin B2: 0.46mg (26.76%), Phosphorus: 266.68mg (26.67%), Vitamin B1: 0.37mg (24.98%), Copper: 0.4mg (20.21%), Vitamin B3: 2.65mg (13.25%), Zinc: 1.72mg (11.44%), Selenium: 6.72µg (9.6%), Vitamin B5: 0.91mg (9.09%)