



Brussels Sprout Slaw with Mustard Dressing and Maple-Glazed Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds brussels sprouts trimmed
- ☐ 0.5 teaspoon kosher salt for seasoning
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup maple syrup pure
- ☐ 1 cup pecans

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup coarse mustard whole

Equipment

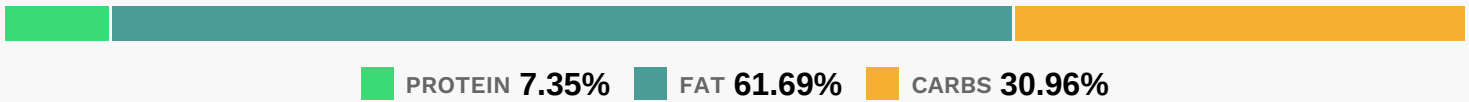
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F. Spray large sheet of foil with nonstick spray.
- ☐ Place pecans on small rimmed baking sheet.
- ☐ Whisk maple syrup, 1/2 teaspoon coarse salt, and 1/4 teaspoon pepper in small bowl.
- ☐ Add to nuts and toss to coat; spread in single layer.
- ☐ Bake nuts 5 minutes. Stir. Continue to bake nuts until toasted and glaze is bubbling thickly, about 6 minutes. Immediately transfer nuts to prepared foil and separate. Cool completely. DO AHEAD: Can be made 2 days ahead. Store airtight.
- ☐ Whisk mustard, vinegar, lemon juice, and sugar in small bowl; whisk in oil. Season with coarse salt and pepper.
- ☐ Bring large pot of water to boil.
- ☐ Add 1 tablespoon coarse salt.
- ☐ Add brussels sprouts. Cook until crisp-tender and still bright green, about 5 minutes.
- ☐ Drain; rinse with cold water. Cool on paper towels. Using processor fitted with 1/8- to 1/4-inch slicing disk, slice brussels sprouts.
- ☐ Transfer to large bowl. DO AHEAD: Dressing and brussels sprouts can be made 1 day ahead. Cover separately; chill.

- ☐ Toss brussels sprouts with enough dressing to coat.
- ☐ Let marinate 30 to 60 minutes.
- ☐ Mix in some pecans.
- ☐ Place slaw in serving bowl. Top with remaining pecans.
- ☐ Look for Grade B pure maple syrup. It has a bolder maple flavor than the delicate Grade A.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.57, Glycemic Load:5.02, Inflammation Score:-7, Nutrition Score:18.323477983475%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 221.76kcal (11.09%), Fat: 16.26g (25.01%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 13.57g (4.93%), Sugar: 10.11g (11.23%), Cholesterol: 0mg (0%), Sodium: 253.36mg (11.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin K: 163.72µg (155.92%), Vitamin C: 73.91mg (89.59%), Manganese: 1.13mg (56.28%), Fiber: 4.78g (19.13%), Vitamin B1: 0.22mg (14.81%), Folate: 55.91µg (13.98%), Vitamin B2: 0.23mg (13.32%), Vitamin A: 654.29IU (13.09%), Potassium: 423.38mg (12.1%), Vitamin B6: 0.22mg (10.98%), Copper: 0.22mg (10.79%), Magnesium: 40.91mg (10.23%), Phosphorus: 102.06mg (10.21%), Vitamin E: 1.51mg (10.08%), Iron: 1.66mg (9.21%), Zinc: 1.04mg (6.95%), Selenium: 4.5µg (6.42%), Calcium: 61.12mg (6.11%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.4mg (3.99%)