



Brussels Sprouts and Carrots with Almonds



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients



1 tablespoon almonds toasted sliced



0.1 teaspoon pepper black



1 teaspoon brown sugar



0.8 pound brussels sprouts trimmed quartered



1.5 cups julienne-cut carrot



2 tablespoons parsley fresh minced



0.3 teaspoon salt



1 tablespoon stick margarine

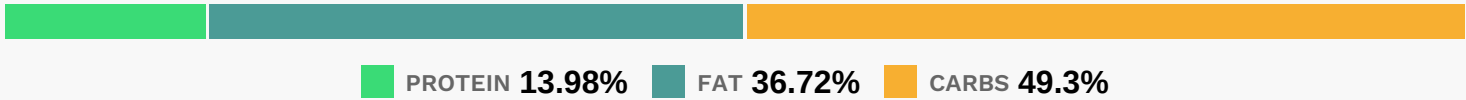
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add the carrot; saut 4 minutes. Reduce heat to medium.
- ☐ Add Brussels sprouts; saut 5 minutes or until crisp-tender.
- ☐ Add parsley and remaining ingredients; cook 30 seconds or until the sugar melts, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:38.21, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:20.193478234274%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 101.98kcal (5.1%), Fat: 4.61g (7.09%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 8.96g (3.26%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 236.02mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin K: 189.77µg (180.74%), Vitamin A: 8961.22IU (179.22%), Vitamin C: 77.79mg (94.29%), Manganese: 0.42mg (21.23%), Fiber: 4.97g (19.88%), Folate: 65.2µg (16.3%), Potassium: 517.59mg (14.79%), Vitamin B6: 0.26mg (12.93%), Vitamin E: 1.84mg (12.24%), Vitamin B1: 0.16mg (10.48%), Phosphorus: 89.66mg (8.97%), Iron: 1.57mg (8.7%), Magnesium: 33.38mg (8.35%), Vitamin B2: 0.14mg (8.02%), Calcium: 63.35mg (6.34%), Vitamin B3: 1.22mg (6.12%), Copper: 0.11mg (5.56%), Vitamin B5:

0.42mg (4.19%), Zinc: 0.57mg (3.82%), Selenium: 1.53µg (2.18%)