





Brussels Sprouts and Kimchi from Roy Choi's 'L.A. Son

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



618 kcal

SIDE DISH

Ingredients

- 8 ounces brussels sprouts halved
- 1 cup kimchi minced
- 1 tablespoon butter
- 3 tablespoons olive oil extra virgin
- 1 optional: lemon
- 1 serving pepper black freshly ground
- 2 tablespoons shiso leaves minced

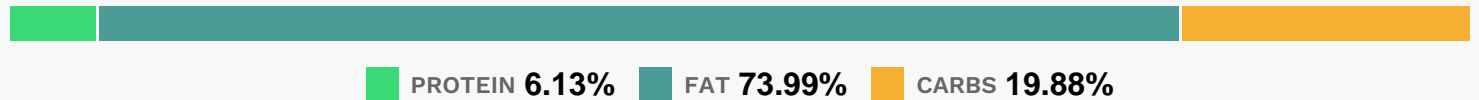
Equipment

frying pan

Directions

- Heat a pan over medium heat until it's smoking.
- Add the oil and the brussels sprouts.
- Move the pan around, caramelizing the sprouts, 5 to 7 minutes.
- Add the kimchi and toss.
- Get some good color on everything, about 7 to 10 minutes, then add the butter. Swirl and season everything with salt, pepper, a squeeze of the lemon, and a sprinkle of the shiso leaves. Enjoy immediately.

Nutrition Facts



Properties

Glycemic Index:139.5, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:31.473043375689%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 8.06mg, Naringenin: 8.06mg, Naringenin: 8.06mg, Naringenin: 8.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 618kcal (30.9%), Fat: 54.94g (84.52%), Saturated Fat: 13.25g (82.83%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 19.69g (7.16%), Sugar: 8.92g (9.91%), Cholesterol: 30.1mg (10.03%), Sodium: 722.44mg (31.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Vitamin K: 478µg (455.24%), Vitamin C: 250.02mg (303.05%), Vitamin E: 8.66mg (57.72%), Fiber: 13.51g (54.03%), Folate: 210.46µg (52.62%), Vitamin A: 2191.16IU (43.82%), Vitamin B6: 0.83mg (41.44%), Manganese: 0.81mg (40.47%), Iron: 6.95mg (38.59%), Potassium: 1210.04mg (34.57%), Vitamin B2: 0.47mg (27.77%), Vitamin B1: 0.37mg (24.72%), Phosphorus: 204.89mg (20.49%), Magnesium: 77.35mg (19.34%), Calcium: 165.51mg (16.55%), Vitamin B3: 3.07mg (15.35%), Copper: 0.23mg (11.38%),

Vitamin B5: 0.92mg (9.23%), Zinc: 1.28mg (8.56%), Selenium: 4.78µg (6.83%)