



## Brussels Sprouts Salad

 Gluten Free

READY IN



15 min.

SERVINGS



14

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 lb brussels sprouts fresh trimmed
- 1.5 cups cabbage shredded red
- 8 slices bacon crumbled cooked
- 0.5 cup cranberries dried sweetened
- 0.3 cup pecans toasted chopped
- 0.3 cup olive oil light
- 0.3 cup orange juice
- 3 tablespoons juice of lemon fresh

0.3 cup parmesan shaved

## Equipment

bowl

whisk

## Directions

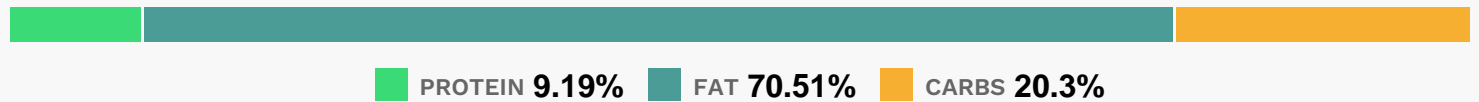
In large bowl, toss Brussels sprouts, cabbage, bacon, cranberries and pecans.

In small bowl, stir dressing, orange juice and lemon juice with wire whisk until well blended.

Pour dressing over salad; toss to coat. Top with cheese.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.79, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:8.9065217557161%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 154.66kcal (7.73%), Fat: 12.63g (19.43%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4.67g (5.18%), Cholesterol: 9.51mg (3.17%), Sodium: 121.68mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Vitamin K: 66.6µg (63.43%), Vitamin C: 33.78mg

(40.95%), Manganese: 0.25mg (12.61%), Vitamin E: 1.23mg (8.19%), Fiber: 1.92g (7.66%), Vitamin B1: 0.11mg (7.16%), Folate: 25.66µg (6.41%), Phosphorus: 63.35mg (6.33%), Vitamin B6: 0.13mg (6.28%), Vitamin A: 280.74IU (5.61%), Potassium: 190.3mg (5.44%), Selenium: 3.6µg (5.15%), Vitamin B3: 0.84mg (4.22%), Calcium: 41.32mg (4.13%), Iron: 0.68mg (3.77%), Magnesium: 14.64mg (3.66%), Copper: 0.07mg (3.31%), Vitamin B2: 0.05mg (3.22%), Zinc: 0.47mg (3.15%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.08µg (1.4%)