



Brussels Sprouts Salad

 Gluten Free

READY IN



15 min.

SERVINGS



14

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb brussels sprouts fresh trimmed
- ☐ 1.5 cups cabbage shredded red
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil light
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup parmesan shaved
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 cup cranberries dried sweetened

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8 slices bacon crumbled cooked

Equipment

☐

bowl

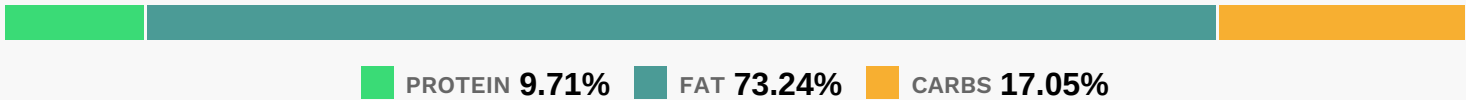
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whisk

Directions

- ☐ Slice Brussels sprouts as thinly as possible. 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.

Nutrition Facts



Properties

Glycemic Index:11.79, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:9.4008695820104%

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: 188.02kcal (9.4%), Fat: 15.81g (24.32%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.37g (2.32%), Sugar: 4.67g (5.18%), Cholesterol: 14.79mg (4.93%), Sodium: 174.64mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.43%), Vitamin K: 66.6µg (63.43%), Vitamin C: 33.78mg (40.95%), Manganese: 0.25mg (12.65%), Vitamin B1: 0.13mg (8.64%), Vitamin E: 1.26mg (8.42%), Fiber: 1.92g

(7.66%), Phosphorus: 74.87mg (7.49%), Selenium: 5.21µg (7.44%), Vitamin B6: 0.15mg (7.35%), Folate: 25.66µg (6.41%), Potassium: 206.14mg (5.89%), Vitamin B3: 1.17mg (5.83%), Vitamin A: 283.7IU (5.67%), Calcium: 41.72mg (4.17%), Iron: 0.71mg (3.95%), Magnesium: 15.6mg (3.9%), Zinc: 0.57mg (3.78%), Vitamin B2: 0.06mg (3.6%), Copper: 0.07mg (3.48%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.12µg (2.07%)