



HEALTH SCORE

78%

Brussels Sprouts with Black Bean Garlic Sauce



Vegetarian



Vegan



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons safflower oil
- ☐ 1 Dash chili pepper flakes
- ☐ 25 brussels sprouts
- ☐ 1.5 tablespoons black bean garlic sauce
- ☐ 4 servings ground pepper black

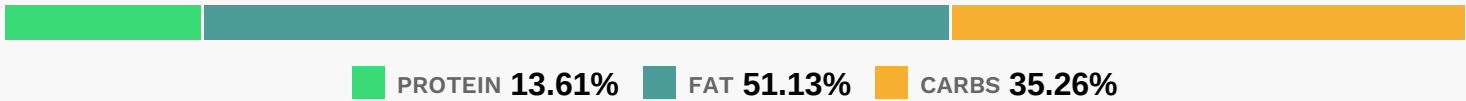
Equipment

- ☐ frying pan

Directions

- ☐ Prep the Brussels sprouts: Wash the Brussels sprouts well. Trim the stems and discard any of the loose leaves. Quarter them lengthwise.
- ☐ Place the oil and chili flakes into a large skillet and place over medium-high heat.
- ☐ Add the Brussels sprouts to the pan and cook for about 3-5 minutes or until the sprouts begin to brown a bit. They may absorb all the oil, if they do just add another 1/2 tablespoon of oil.
- ☐ Add the black bean garlic sauce and stir until all the Brussels sprouts are well coated.
- ☐ Add a pinch of ground black pepper (the sauce is already salty so you probably won't need any salt).
- ☐ Cook for about 30 more seconds. Take off heat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:16.622608661652%

Flavonoids

Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg, Naringenin: 3.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 120.42kcal (6.02%), Fat: 7.52g (11.57%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 6.81g (2.48%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 30.04mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Vitamin K: 214.6µg (204.38%), Vitamin C: 101.3mg (122.78%), Manganese: 0.41mg (20.67%), Fiber: 4.86g (19.43%), Folate: 72.51µg (18.13%), Vitamin A: 898.3IU (17.97%), Vitamin E: 2.06mg (13.71%), Potassium: 464.14mg (13.26%), Vitamin B6: 0.26mg (13.08%), Vitamin B1: 0.17mg (11.02%), Iron: 1.83mg (10.16%), Phosphorus: 82.2mg (8.22%), Magnesium: 27.54mg (6.89%), Vitamin B2: 0.11mg (6.31%), Calcium: 50.42mg (5.04%), Vitamin B3: 0.89mg (4.44%), Copper: 0.08mg (4.24%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.5mg (3.34%), Selenium: 1.91µg (2.72%)