



HEALTH SCORE

87%

Brussels Sprouts with Browned Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 pounds brussels sprouts trimmed halved
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 teaspoon salt

Equipment

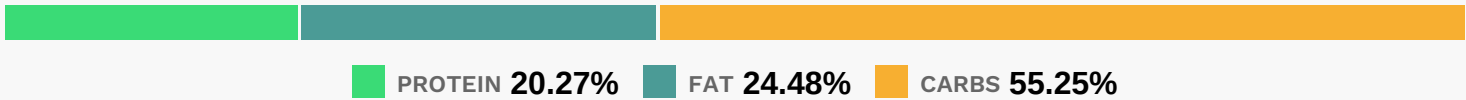
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine the Brussels sprouts, 1 1/2 teaspoons oil, salt, and pepper.
- ☐ Place sprouts mixture in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 425 for 25 minutes or until sprouts are crisp-tender. Keep warm.
- ☐ Heat 1 1/2 teaspoons olive oil in a small skillet over medium-low heat.
- ☐ Add garlic, and cook for 3 minutes or until golden brown, stirring occasionally.
- ☐ Remove from heat; stir in juice.
- ☐ Add to sprouts mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:18.556521768155%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 5.01mg, Naringenin: 5.01mg, Naringenin: 5.01mg, Naringenin: 5.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 88.53kcal (4.43%), Fat: 2.8g (4.31%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 8.43g (3.07%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 231.92mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin K: 269.12µg (256.3%), Vitamin C: 129.95mg (157.52%), Manganese: 0.54mg (27.04%), Folate: 92.78µg (23.2%), Fiber: 5.8g (23.18%), Vitamin A: 1140.54IU (22.81%), Vitamin B6: 0.35mg (17.55%), Potassium: 597.37mg (17.07%), Vitamin B1: 0.21mg (14.25%), Iron: 2.16mg (12.02%), Vitamin E: 1.67mg (11.15%), Phosphorus: 106.89mg (10.69%), Magnesium: 35.38mg (8.84%), Vitamin B2: 0.14mg (8.13%), Calcium: 66.7mg (6.67%), Vitamin B3: 1.14mg (5.7%), Copper: 0.11mg (5.57%), Vitamin B5: 0.48mg

(4.8%), Zinc: 0.65mg (4.36%), Selenium: 2.64µg (3.77%)