



WHATSheATE



HEALTH SCORE

58%

Brussels Sprouts with Parmesan and Pine Nuts



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound brussels sprouts trimmed quartered
- ☐ 2 garlic clove minced
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 cup vegetable stock

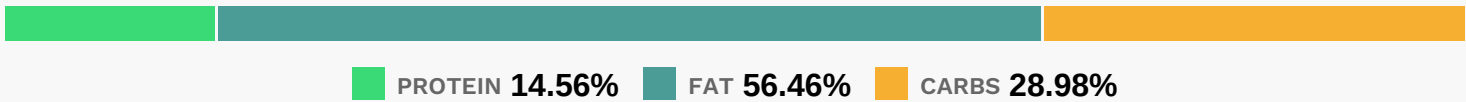
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large frying pan over high heat.
- ☐ Add garlic and brussels sprouts, and cook until brown and softened, stirring occasionally, about 8 minutes.
- ☐ Add broth and cook until sprouts are tender but not soggy, 3 to 4 minutes.
- ☐ Add pine nuts and season to taste with salt and pepper.
- ☐ Transfer to a small dish and sprinkle with parmesan.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:12.343912897551%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 80.2kcal (4.01%), Fat: 5.49g (8.45%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 4.02g (1.46%), Sugar: 1.46g (1.63%), Cholesterol: 2.17mg (0.73%), Sodium: 97.39mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin K: 103.78µg (98.84%), Vitamin C: 48.53mg (58.83%), Manganese: 0.52mg (25.8%), Vitamin A: 471.6IU (9.43%), Fiber: 2.32g (9.3%), Folate: 35.92µg (8.98%), Vitamin E: 1.16mg (7.74%), Phosphorus: 75.83mg (7.58%), Potassium: 250.42mg (7.15%), Vitamin B6: 0.14mg (7.1%), Vitamin B1: 0.09mg (6.25%), Iron: 1.03mg (5.72%), Magnesium: 22.7mg (5.68%), Calcium: 48.72mg (4.87%), Copper: 0.09mg (4.45%), Vitamin B2: 0.07mg (4.03%), Zinc: 0.57mg (3.83%), Vitamin B3: 0.58mg (2.89%), Selenium: 1.95µg (2.79%), Vitamin B5: 0.2mg (2.01%)