



WHATSheATE



Brussels Sprouts with Shaved Parmesan



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoon apple cider vinegar
- ☐ 2 tablespoon balsamic vinegar
- ☐ 1.5 pound brussels sprouts ends trimmed (, tough or discolored outer leaves discarded)
- ☐ 2 tablespoon honey
- ☐ 1 teaspoon kosher salt boiling plus more for and seasoning)
- ☐ 0.3 olive oil extra-virgin
- ☐ 2 ounce parmesan cheese shaved
- ☐ 0.5 teaspoon freshly cracked pepper black plus more for seasoning)

- ☐ 1 small shallots minced ()
- ☐ 1 tablespoon butter unsalted

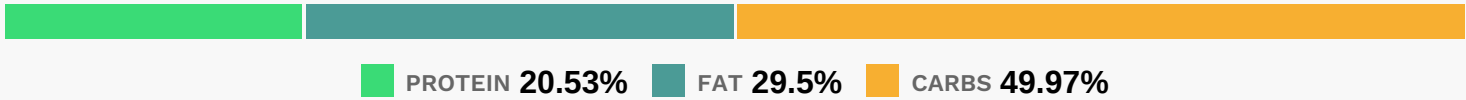
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat the oven to 400 degrees F.In a small bowl combine shallot, honey, both vinegars and olive oil; season with 1 teaspoon salt and ½ teaspoon black pepper.
- ☐ Whisk to blend. Set aside.Bring a large pot of water to a boil. Generously salt the water. Halve the Brussles sprouts through the stem end; add them to the boiling water. Cook them 1 to 2 minutes until slightly softened.
- ☐ Place the sprouts into a serving bowl and toss with shaved Parmesan and a tablespoon butter.If serving at room temperature: Allow the sprouts to come to room temperature. They may be prepared in advance to this point and kept covered and refrigerated. In which case bring them back to room temperature just before serving and toss them with Parmesan and an additional ½-cup vinaigrette.

Nutrition Facts



Properties

Glycemic Index:65.82, Glycemic Load:8.45, Inflammation Score:-9, Nutrition Score:22.281739133856%

Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 200.8kcal (10.04%), Fat: 7.09g (10.9%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 20.26g (7.37%), Sugar: 14.21g (15.79%), Cholesterol: 17.16mg (5.72%), Sodium: 854.98mg (37.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.2%), Vitamin K: 302.05µg (287.67%), Vitamin C: 145.14mg (175.92%), Manganese: 0.67mg (33.74%), Vitamin A: 1482.32IU (29.65%), Fiber: 6.75g (26.99%), Folate: 107.23µg (26.81%), Calcium: 247.47mg (24.75%), Phosphorus: 223.56mg (22.36%), Potassium: 722.51mg (20.64%), Vitamin B6: 0.41mg (20.52%), Vitamin B1: 0.25mg (16.41%), Iron: 2.73mg (15.15%), Magnesium: 48.92mg (12.23%), Vitamin B2: 0.21mg (12.18%), Vitamin E: 1.62mg (10.82%), Selenium: 6.13µg (8.76%), Zinc: 1.17mg (7.81%), Copper: 0.14mg (7.01%), Vitamin B3: 1.34mg (6.68%), Vitamin B5: 0.62mg (6.22%), Vitamin B12: 0.18µg (2.93%)