



Brussels Sprouts with Toasted Spices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts trimmed
- 0.5 teaspoon cumin seeds
- 0.5 teaspoon fennel seeds
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground turmeric
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon mustard seeds

- 2 small chiles dried red hot
- 1.5 cups onion red vertically sliced
- 0.3 teaspoon nigella seeds
- 0.5 teaspoon sugar
- 1 tablespoon coconut or unsweetened grated
- 1 tablespoon vegetable oil

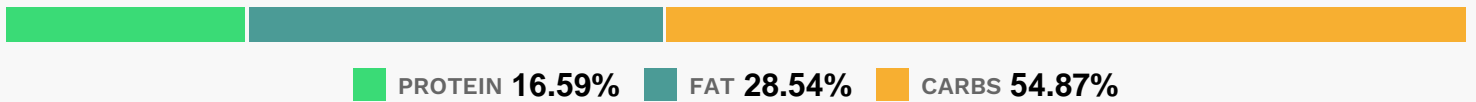
Equipment

- frying pan

Directions

- Cut a shallow "X" in stem end of each sprout. Cook sprouts in boiling water 7 minutes or until tender; drain.
- Heat the oil in a large skillet over medium heat.
- Add chiles; cook 1 minute or until browned, shaking the pan frequently.
- Add seeds; cook, partially covered, 1 minute or until mustard seeds begin to pop, shaking pan frequently.
- Add onion and turmeric; saut 5 minutes or until lightly browned.
- Add sprouts, salt, and sugar; cook 3 minutes or until thoroughly heated. Stir in cilantro, coconut, and juice.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:2.2, Inflammation Score:-9, Nutrition Score:14.784782461498%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.93mg, Kaempferol: 0.93mg

Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 72.61kcal (3.63%), Fat: 2.6g (4%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 7.24g (2.63%), Sugar: 3.54g (3.94%), Cholesterol: 0mg (0%), Sodium: 313.95mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin K: 154.26µg (146.92%), Vitamin C: 75.15mg (91.09%), Manganese: 0.37mg (18.58%), Fiber: 4.01g (16.05%), Folate: 58.38µg (14.59%), Vitamin A: 683.61IU (13.67%), Vitamin B6: 0.23mg (11.5%), Potassium: 391.14mg (11.18%), Vitamin B1: 0.14mg (9.06%), Iron: 1.46mg (8.13%), Phosphorus: 72.14mg (7.21%), Magnesium: 25.22mg (6.3%), Vitamin E: 0.92mg (6.15%), Vitamin B2: 0.09mg (5.22%), Calcium: 46.55mg (4.65%), Copper: 0.08mg (4.08%), Vitamin B3: 0.71mg (3.57%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.45mg (3.01%), Selenium: 2.04µg (2.91%)