



WHATSHATE



Brussels Sprouts with Walnut Vinaigrette



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 3.8 cups brussels sprouts separated cored halved
- ☐ 3 tablespoons champagne vinegar
- ☐ 1.3 teaspoons dijon mustard
- ☐ 8 servings kosher salt
- ☐ 0.8 teaspoons lemon zest finely grated
- ☐ 8 servings parmesan (for shaving)
- ☐ 5 ounces radicchio thinly cored thinly sliced

- ☐ 1 medium shallots minced
- ☐ 1 pinch sugar
- ☐ 2.5 tablespoons butter unsalted
- ☐ 0.5 cup walnut halves divided
- ☐ 1 tablespoon walnut oil plus more for drizzling

Equipment

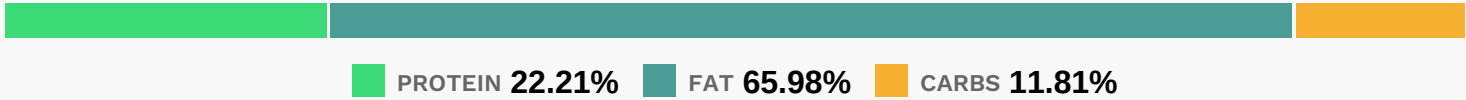
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ kitchen towels
- ☐ salad spinner
- ☐ peeler

Directions

- ☐ Blanch brussels sprouts in boiling salted water for 30 seconds; drain and immediately transfer to a large bowl of ice water to cool. Spin in a salad spinner to dry leaves (or pat dry with kitchen towels). DO AHEAD: Can be made 2 days ahead. Wrap in a kitchen towel, transfer to a resealable plastic bag, and chill.
- ☐ Crush 2 1/2 tablespoons walnuts with a rolling pin or the side of a knife; set aside. Melt butter with 1 tablespoon oil in a small saucepan over low heat.
- ☐ Add shallot and crushed walnuts; cook, stirring frequently, until shallot softens, about 2 minutes.
- ☐ Whisk in vinegar, mustard, and sugar.
- ☐ Remove vinaigrette from heat; season to taste with salt and pepper. DO AHEAD: Can be made 2 days ahead.
- ☐ Transfer to a container, cover, and chill.
- ☐ Let vinaigrette come to room temperature before serving.
- ☐ Place brussels sprouts and radicchio in a large bowl.

- ☐ Pour walnut vinaigrette over brussels sprouts mixture and toss to coat well.
- ☐ Transfer to a serving dish. Using a vegetable peeler, shave cheese over.
- ☐ Sprinkle with lemon zest and remaining walnuts.
- ☐ Drizzle with walnut oil.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:16.07652172835%

Flavonoids

Cyanidin: 22.7mg, Cyanidin: 22.7mg, Cyanidin: 22.7mg Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 6.87mg, Luteolin: 6.87mg, Luteolin: 6.87mg, Luteolin: 6.87mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 238.69kcal (11.93%), Fat: 18.02g (27.72%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.84g (2.04%), Cholesterol: 29.81mg (9.94%), Sodium: 698.68mg (30.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Vitamin K: 119.67µg (113.97%), Vitamin C: 37.1mg (44.97%), Calcium: 386.91mg (38.69%), Phosphorus: 273.45mg (27.35%), Manganese: 0.45mg (22.38%), Vitamin A: 662.22IU (13.24%), Selenium: 8.28µg (11.83%), Folate: 46.35µg (11.59%), Copper: 0.22mg (11.07%), Fiber: 2.4g (9.58%), Magnesium: 38.09mg (9.52%), Vitamin B2: 0.16mg (9.16%), Zinc: 1.36mg (9.06%), Vitamin B6: 0.18mg (8.95%), Potassium: 290.35mg (8.3%), Iron: 1.23mg (6.81%), Vitamin B1: 0.1mg (6.71%), Vitamin E: 0.99mg (6.63%), Vitamin B12: 0.37µg (6.12%), Vitamin B5: 0.37mg (3.71%), Vitamin B3: 0.53mg (2.65%), Vitamin D: 0.22µg (1.44%)