



 **59%**
HEALTH SCORE

Caraway Brussels Sprouts with Carrots

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



7

CALORIES



43 kcal

SIDE DISH

Ingredients

- 10 ounce brussels sprouts fresh
- 1 teaspoon caraway seeds
- 1.5 cups carrots sliced
- 1 tablespoon juice of lemon
- 2 teaspoons butter
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 teaspoon sugar

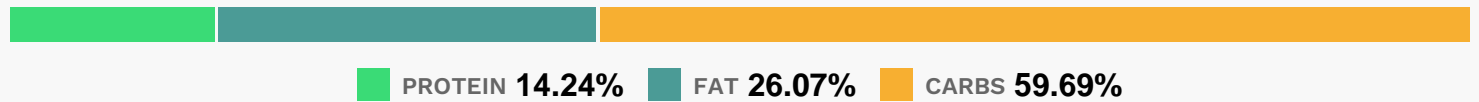
Equipment

- frying pan
- sauce pan

Directions

- Wash brussels sprouts thoroughly, and remove discolored leaves.
- Cut off stem ends.
- Cut brussels sprouts in half vertically.
- Combine brussels sprouts, carrot, and caraway seeds in a large saucepan; add water to cover. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are tender.
- Drain; return mixture to pan.
- Add lemon juice and remaining ingredients, stirring gently until margarine melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:12.687826136694%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 42.64kcal (2.13%), Fat: 1.39g (2.13%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 4.72g (1.72%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 125.66mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Vitamin A: 4940.04IU (98.8%), Vitamin K: 75.36µg (71.77%), Vitamin C: 36.93mg (44.77%), Fiber: 2.43g (9.72%), Manganese: 0.18mg (9.22%), Folate: 30.39µg (7.6%), Potassium: 252.48mg (7.21%), Vitamin B6: 0.13mg (6.44%), Vitamin B1: 0.08mg (5.08%), Phosphorus: 39.72mg (3.97%), Vitamin

E: 0.59mg (3.95%), Iron: 0.7mg (3.9%), Magnesium: 13.58mg (3.39%), Vitamin B2: 0.05mg (3.2%), Vitamin B3: 0.58mg (2.92%), Calcium: 28.8mg (2.88%), Copper: 0.04mg (2.21%), Vitamin B5: 0.2mg (2.05%), Zinc: 0.25mg (1.69%), Selenium: 0.72µg (1.03%)