



WHATSheATE



Cherry Tomato-Brussels Sprouts Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



20 ounces brussels sprouts frozen



0.8 cup salad dressing italian reduced-calorie



1 cup cherry tomatoes cut in half



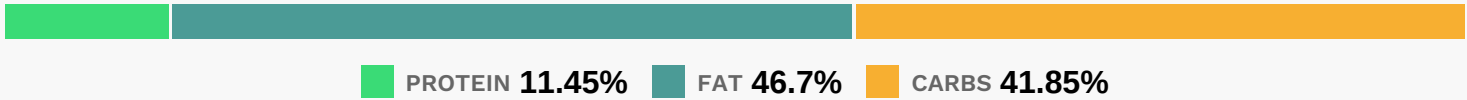
1 serving romaine leaves

Equipment

Directions

- ☐ Cook Brussels sprouts as directed on package; drain.
- ☐ Pour dressing over hot Brussels sprouts, turning each until well coated. Cover and refrigerate at least 3 hours.
- ☐ Add tomatoes to Brussels sprouts; toss.
- ☐ Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:13.329565245172%

Flavonoids

Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 87.15kcal (4.36%), Fat: 4.88g (7.51%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 239.38mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin K: 138.31µg (131.72%), Vitamin C: 65.12mg (78.93%), Vitamin A: 855.52IU (17.11%), Manganese: 0.27mg (13.71%), Folate: 46.79µg (11.7%), Fiber: 2.85g (11.41%), Potassium: 340.63mg (9.73%), Vitamin B6: 0.19mg (9.35%), Vitamin E: 1.22mg (8.13%), Vitamin B1: 0.11mg (7.51%), Iron: 1.2mg (6.68%), Phosphorus: 58.29mg (5.83%), Magnesium: 19.47mg (4.87%), Vitamin B2: 0.07mg (4.17%), Calcium: 35.76mg (3.58%), Copper: 0.07mg (3.39%), Vitamin B3: 0.67mg (3.34%), Vitamin B5: 0.24mg (2.43%), Selenium: 1.69µg (2.41%), Zinc: 0.35mg (2.3%)