



HEALTH SCORE

100%

Crunchy Brussels Sprouts Side Dish



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black
- 800 g brussels sprouts trimmed (or 1 kg untrimmed)
- 1 tsp dijon mustard
- 0.5 tsp honey
- 3 Tbs olive oil
- 2 Tbs red wine vinegar
- 0.3 cup walnuts toasted coarsely chopped

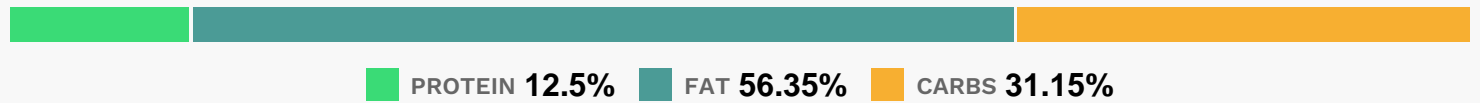
Equipment

- oven
- microwave

Directions

- Blanch the Brussels sprouts in boiling water for 6–8 minutes or in a microwave oven in a little water for about 4 minutes.
- Drain.
- Saute the Brussels sprouts, stirring constantly, until they become golden-brown in color. Meanwhile mix the vinegar, mustard, honey and olive oil.
- Add walnuts to the sprouts, stir and combine.
- Pour the vinegar dressing over the sprouts, season with pepper.
- Mix and combine so that each sprout is covered with the dressing.
- Serve warm or cold as a side dish.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:3.79, Inflammation Score:-9, Nutrition Score:23.578695652174%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Naringenin: 6.58mg, Naringenin: 6.58mg, Naringenin: 6.58mg, Naringenin: 6.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Taste

Sweetness: 27.9%, Saltiness: 100%, Sourness: 36.27%, Bitterness: 57.84%, Savoriness: 59.34%, Fattiness: 58.16%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 231.8kcal (11.59%), Fat: 15.91g (24.48%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 11.61g (4.22%), Sugar: 5.33g (5.92%), Cholesterol: 0mg (0%), Sodium: 64.76mg (2.82%), Protein: 7.94g (15.89%), Vitamin K: 360.74µg (343.56%), Vitamin C: 170.14mg (206.23%), Manganese: 0.95mg (47.45%),

Fiber: 8.18g (32.71%), Folate: 129.29µg (32.32%), Vitamin A: 1511.03IU (30.22%), Vitamin B6: 0.48mg (23.94%), Potassium: 817.25mg (23.35%), Vitamin E: 3.33mg (22.19%), Vitamin B1: 0.31mg (20.36%), Iron: 3.14mg (17.45%), Phosphorus: 165.48mg (16.55%), Magnesium: 58.68mg (14.67%), Copper: 0.26mg (13%), Vitamin B2: 0.19mg (11.31%), Calcium: 93.11mg (9.31%), Vitamin B3: 1.58mg (7.91%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.67mg (6.66%), Selenium: 4µg (5.71%)