



Envy Green Brussels Sprout Eyeballs

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 2 pounds brussels sprouts
- 1 tablespoon olive oil
- 8 servings salt and pepper
- 1 cup tomatoes chopped

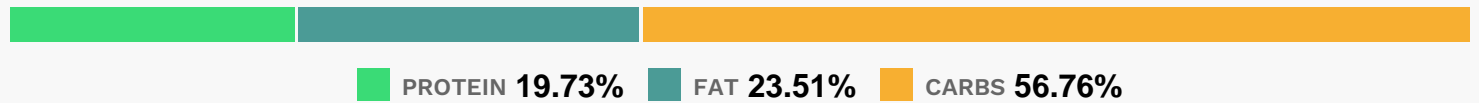
Equipment

- bowl
- frying pan

Directions

- Trim off and discard stem ends from brussels sprouts; rinse sprouts.
- In a 10- to 12-inch frying pan, combine olive oil and 3/4 cup water; bring to a boil over high heat.
- Add sprouts, cover, reduce heat to medium, and shake pan occasionally until sprouts are tender when pierced, 8 to 14 minutes. Uncover and stir in tomatoes and vinegar.
- Pour into a bowl and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:16.479565185049%

Flavonoids

Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg, Naringenin: 3.86mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 71.1kcal (3.56%), Fat: 2.13g (3.27%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 7.02g (2.55%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 224.03mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin K: 203.24µg (193.56%), Vitamin C: 98.94mg (119.93%), Manganese: 0.41mg (20.46%), Vitamin A: 1010.17IU (20.2%), Fiber: 4.53g (18.13%), Folate: 71.97µg (17.99%), Potassium: 489.8mg (13.99%), Vitamin B6: 0.26mg (13.16%), Vitamin B1: 0.16mg (10.97%), Iron: 1.68mg (9.32%), Vitamin E: 1.35mg (9%), Phosphorus: 83.47mg (8.35%), Magnesium: 28.62mg (7.15%), Vitamin B2: 0.11mg (6.21%), Calcium: 50.71mg (5.07%), Vitamin B3: 0.96mg (4.78%), Copper: 0.09mg (4.58%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.51mg (3.41%), Selenium: 1.81µg (2.59%)