



Fried Brussels Sprout Salad

 Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



1453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1.5 cups brussels sprouts
- ☐ 0.5 teaspoon chile seasoning powder such as tajin
- ☐ 2 tablespoons cranberries fresh
- ☐ 1 tablespoon cilantro leaves fresh
- ☐ 1 tablespoon parsley leaves fresh
- ☐ 0.8 cup frisée
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 pinch ground pepper fresh
- ☐ 0.3 tablespoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon manchego cheese finely grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 teaspoon oregano dried preferably Mexican
- ☐ 2 tablespoons pork rind crumbled
- ☐ 1 radishes thinly sliced
- ☐ 0.5 large onion red thinly sliced
- ☐ 1 pinch pepper flakes dried red
- ☐ 0.5 cup red wine vinegar
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.8 tablespoons sugar
- ☐ 1 cup tamarind purée
- ☐ 1 cup vegetable oil

Equipment

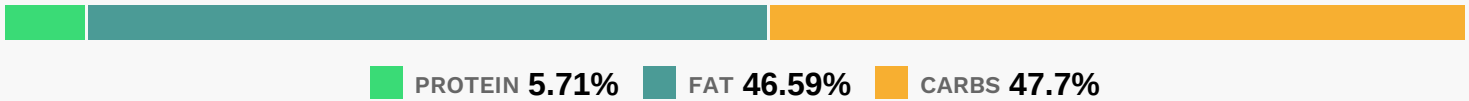
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Using a saute pan, preheat the vegetable oil over medium heat. Trim the ends of the Brussels sprouts and split in half from top to bottom. When the oil just begins to smoke, carefully add

- the halved Brussels sprouts to the pan.
- ☐ Saute until they are slightly crispy and brown, 2 to 3 minutes.
 - ☐ Remove the Brussels sprouts from the pan and let them drain for about 3 minutes on a dry paper towel.
 - ☐ In a mixing bowl, place the fried sprouts, frisee, Pickled Red Onion, parsley leaves and radishes and toss.
 - ☐ Add the cranberries, crumbled pork rind and Tamarind Vinaigrette. Toss well. Season with the cilantro leaves, seasoning, salt and pepper. Toss again.
 - ☐ Arrange the salad in a long oval salad bowl. Bring the cilantro leaves to the top of the salad.
 - ☐ Garnish with the manchego cheese grated over the salad.
 - ☐ Combine the vinegar, 1/4 cup water, the sugar, oregano, salt, black pepper, pepper flakes, cloves and bay leaf in a heavy medium saucepan and set it over medium-high heat. Bring the mixture to a boil, and then add the onion slices, separating them into individual rings.
 - ☐ Let the mixture come back to a boil, and then reduce the heat and cook until the onions soften and wilt, 3 to 4 minutes.
 - ☐ Remove the saucepan from the heat, cover and let the mixture cool completely.
 - ☐ Transfer the onions and their pickling liquid to a quart-size glass jar or divide among plastic containers. Cover and refrigerate for up to 2 weeks.
 - ☐ Add the puree, vinegar and salt to a metal bowl. Slowly whisk in the oil.

Nutrition Facts



Properties

Glycemic Index:404.09, Glycemic Load:99.13, Inflammation Score:-10, Nutrition Score:47.898260995746%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 2.62mg, Pelargonidin: 2.62mg, Pelargonidin: 2.62mg, Pelargonidin: 2.62mg Peonidin: 14.54mg, Peonidin: 14.54mg, Peonidin: 14.54mg, Peonidin: 14.54mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-

gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Naringenin: 4.34mg, Naringenin: 4.34mg, Naringenin: 4.34mg, Naringenin: 4.34mg Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 2.57mg, Myricetin: 2.57mg, Myricetin: 2.57mg, Myricetin: 2.57mg Quercetin: 20.74mg, Quercetin: 20.74mg, Quercetin: 20.74mg, Quercetin: 20.74mg

Nutrients (% of daily need)

Calories: 1452.83kcal (72.64%), Fat: 78.69g (121.06%), Saturated Fat: 16.43g (102.67%), Carbohydrates: 181.25g (60.42%), Net Carbohydrates: 159.69g (58.07%), Sugar: 107.75g (119.73%), Cholesterol: 36.82mg (12.27%), Sodium: 7821.07mg (340.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.43%), Vitamin K: 519.42µg (494.69%), Vitamin C: 144.52mg (175.18%), Fiber: 21.56g (86.25%), Vitamin B1: 1.27mg (84.57%), Vitamin A: 4018.66IU (80.37%), Magnesium: 284.39mg (71.1%), Potassium: 2470.64mg (70.59%), Vitamin E: 10mg (66.68%), Iron: 11.18mg (62.13%), Manganese: 1.01mg (50.7%), Calcium: 482.42mg (48.24%), Phosphorus: 462.35mg (46.24%), Folate: 176.81µg (44.2%), Vitamin B3: 7.33mg (36.66%), Vitamin B2: 0.6mg (35.46%), Vitamin B6: 0.7mg (35.09%), Copper: 0.52mg (25.77%), Zinc: 2.5mg (16.65%), Vitamin B5: 1.53mg (15.32%), Selenium: 10.43µg (14.89%), Vitamin B12: 0.63µg (10.55%)