



WHATSheATE



Fried Brussels Sprouts with Walnuts and Capers



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts trimmed quartered
- ☐ 6 servings canola oil for deep-frying
- ☐ 2 cups flat-leaf parsley leaves loosely packed
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon honey
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons salt-packed capers dry rinsed
- ☐ 4 fillet salt-packed anchovy minced rinsed
- ☐ 2 scallions white green thinly sliced
- ☐ 1 serrano chile minced seeded
- ☐ 0.5 cup walnut pieces toasted coarsely chopped

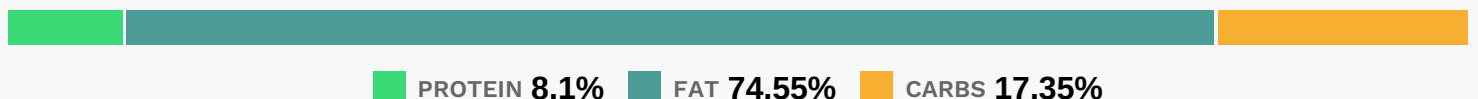
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ skimmer

Directions

- ☐ Pour enough oil into a medium pot so that the oil comes 3 inches up the sides.
- ☐ Heat the oil to 350 degrees.
- ☐ While the oil is heating, whisk together the garlic, anchovies, serrano, red wine vinegar, honey, scallions, walnuts and extra-virgin olive oil in a bowl large enough to toss all of the Brussels sprouts. Keep the bowl near the stovetop.
- ☐ Working in batches, deep-fry the Brussels sprouts until the edges begin to curl and brown, about 3 minutes. To the last batch, add the parsley and capers (stand back-the capers will pop and sputter!). Give the contents of the pot a stir. When the color of the parsley becomes a deeper, more saturated shade of green, about 30 seconds to 1 minute, remove the contents of the pot with a skimmer and place directly in the bowl of dressing. Toss to coat.
- ☐ Add salt and pepper to taste.
- ☐ Photograph by Hallie Burton

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:20.354782510063%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 43.11mg, Apigenin: 43.11mg, Apigenin: 43.11mg, Apigenin: 43.11mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 281.9kcal (14.1%), Fat: 24.57g (37.81%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 8.5g (3.09%), Sugar: 5.1g (5.66%), Cholesterol: 1.6mg (0.53%), Sodium: 409.92mg (17.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin K: 482.8µg (459.8%), Vitamin C: 92.41mg (112.01%), Vitamin A: 2307.94IU (46.16%), Manganese: 0.66mg (32.91%), Vitamin E: 3.9mg (25.98%), Folate: 89.2µg (22.3%), Fiber: 4.37g (17.48%), Iron: 2.83mg (15.75%), Potassium: 481.25mg (13.75%), Vitamin B6: 0.25mg (12.73%), Copper: 0.25mg (12.65%), Magnesium: 45.67mg (11.42%), Vitamin B1: 0.16mg (10.72%), Phosphorus: 105.88mg (10.59%), Calcium: 78.01mg (7.8%), Vitamin B3: 1.35mg (6.77%), Vitamin B2: 0.12mg (6.77%), Zinc: 0.91mg (6.1%), Selenium: 2.81µg (4.02%), Vitamin B5: 0.4mg (3.98%)