



## Frizzled Brussels Sprouts with Roasted Romanesco

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

### Ingredients

- ☐ 1 pint brussels sprouts stemmed
- ☐ 1 clove garlic smashed
- ☐ 1 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings pomegranate seeds
- ☐ 1 pinch pepper flakes red crushed

☐ 0.5 head broccoflower quartered

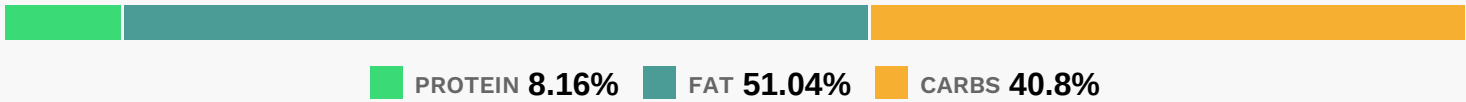
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the romanesco with half of the lemon juice, some olive oil and season with salt and black pepper. Put on a baking sheet and place into the oven. Roast until golden brown, about 10 minutes.
- ☐ Coat a large sautepan with olive oil.
- ☐ Add the garlic and red pepper flakes and bring to medium heat. When the garlic has turned a lovely golden brown, 2 to 3 minutes, remove it from the pan and ditch it – it has fulfilled its garlic destiny!
- ☐ Add the Brussels sprouts and toss to combine. Season with salt, and cook until the sprouts have wilted, 2 to 3 minutes.
- ☐ Remove the lid, raise the heat to medium-high and let the sprout leaves brown and frizzle, about 5 minutes more. Taste and season with salt if needed.
- ☐ Toss with the pomegranate seeds, roasted romanesco and remaining lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:40.25, Glycemic Load:10.6, Inflammation Score:-8, Nutrition Score:19.972173960313%

## Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg,

Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 4mg, Naringenin: 4mg, Naringenin: 4mg, Naringenin: 4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 249.96kcal (12.5%), Fat: 15.4g (23.69%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 19.65g (7.15%), Sugar: 14.72g (16.36%), Cholesterol: 0mg (0%), Sodium: 33.12mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin K: 232.28µg (221.22%), Vitamin C: 112.71mg (136.62%), Fiber: 8.05g (32.2%), Folate: 106.77µg (26.69%), Manganese: 0.53mg (26.44%), Vitamin E: 3.6mg (24.01%), Potassium: 678.48mg (19.39%), Vitamin A: 900.42IU (18.01%), Vitamin B6: 0.34mg (16.89%), Vitamin B1: 0.23mg (15.08%), Phosphorus: 114.92mg (11.49%), Iron: 2.03mg (11.29%), Copper: 0.23mg (11.26%), Magnesium: 38.49mg (9.62%), Vitamin B2: 0.15mg (9.11%), Vitamin B5: 0.71mg (7.09%), Calcium: 60.86mg (6.09%), Vitamin B3: 1.15mg (5.76%), Zinc: 0.82mg (5.44%), Selenium: 2.45µg (3.5%)