

What She Ate

health-score68%

HEALTH SCORE

Glazed Brussels Sprouts And Baby Carrots

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

1

CALORIES

calories

1096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby-cut carrots fresh
- ☐ 0.8 pound brussels sprouts trimmed
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup orange marmalade
- ☐ 0.3 teaspoon salt

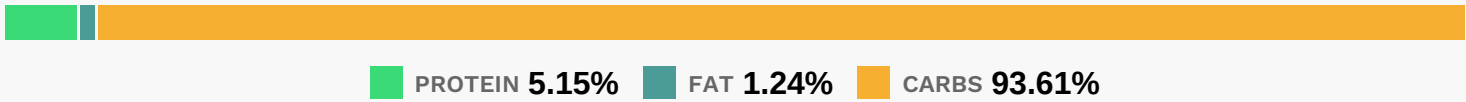
Equipment

- ☐ bowl

Directions

- ☐ Steam Brussels sprouts and carrots, covered, 10 minutes or until crisp-tender.
- ☐ Place in a serving bowl.
- ☐ Combine marmalade, ginger, and salt; pour over vegetables, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:48.879999990049%

Flavonoids

Naringenin: 11.19mg, Naringenin: 11.19mg, Naringenin: 11.19mg, Naringenin: 11.19mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 1095.59kcal (54.78%), Fat: 1.65g (2.54%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 280.7g (93.57%), Net Carbohydrates: 252.24g (91.72%), Sugar: 221.11g (245.68%), Cholesterol: 0mg (0%), Sodium: 1199.69mg (52.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Vitamin A: 65314.15IU (1306.28%), Vitamin K: 644.79µg (614.09%), Vitamin C: 316.33mg (383.42%), Fiber: 28.46g (113.85%), Manganese: 2.23mg (111.49%), Folate: 358.92µg (89.73%), Potassium: 2530.09mg (72.29%), Vitamin B6: 1.29mg (64.42%), Iron: 9.48mg (52.68%), Copper: 0.99mg (49.25%), Vitamin B1: 0.63mg (41.69%), Calcium: 411.13mg (41.11%), Phosphorus: 376.22mg (37.62%), Magnesium: 132.16mg (33.04%), Vitamin B2: 0.55mg (32.42%), Vitamin B5: 2.92mg (29.23%), Vitamin B3: 5.32mg (26.6%), Vitamin E: 3.19mg (21.24%), Selenium: 12µg (17.15%), Zinc: 2.37mg (15.77%)