



Gorgonzola, Almond and Pear Roasted Brussel Sprouts

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds sliced
- 0.3 teaspoon pepper black freshly ground
- 1 pound brussels sprouts halved
- 3 tablespoons olive oil extra virgin
- 1 tablespoon garlic fresh minced
- 2 tablespoons gorgonzola
- 0.5 teaspoon kosher salt

2 tablespoons fruit dried (or other fruit)

Equipment

frying pan

Directions

Heat oil in large 3 quart skillet over medium heat.

Add brussel sprouts and season with salt and pepper.

Let cook without stirring for 3 minutes. Close with lid and let cook for 5–7 minutes.

Remove lid, and stir in garlic. Brussels sprouts should be browned. Stir in almonds, dried pears and gorgonzola cheese (I used Delallo Salad Savors).

Serve warm.

Nutrition Facts



PROTEIN 11.61% **FAT 59.49%** **CARBS 28.9%**

Properties

Glycemic Index:27, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:14.977826091258%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 144.63kcal (7.23%), Fat: 10.28g (15.82%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 7.42g (2.7%), Sugar: 4.21g (4.67%), Cholesterol: 3.5mg (1.17%), Sodium: 267.27mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin K: 139.06µg (132.44%), Vitamin C: 64.73mg (78.47%), Manganese: 0.39mg (19.5%), Vitamin E: 2.56mg (17.05%), Fiber: 3.82g (15.29%), Folate: 49.76µg (12.44%),

Vitamin A: 606.72IU (12.13%), Potassium: 370.54mg (10.59%), Vitamin B6: 0.2mg (9.99%), Phosphorus: 91.73mg (9.17%), Vitamin B1: 0.12mg (8.01%), Magnesium: 31.29mg (7.82%), Calcium: 76.32mg (7.63%), Vitamin B2: 0.13mg (7.62%), Iron: 1.37mg (7.6%), Copper: 0.11mg (5.43%), Zinc: 0.6mg (3.97%), Vitamin B3: 0.77mg (3.86%), Vitamin B5: 0.36mg (3.6%), Selenium: 2.25µg (3.21%)