



Grainy Mustard Brussels Sprouts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 brussels sprouts
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup water
- ☐ 1 tablespoon whole-grain mustard

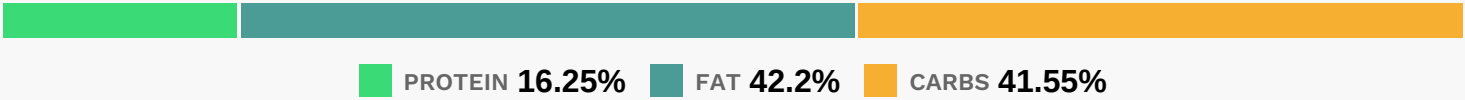
Equipment

- ☐ sauce pan

Directions

☐ Halve Brussels sprouts; place in a saucepan with water. Bring to a boil. Cover, reduce heat, and cook 5 minutes. Stir in mustard, butter, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:13.02304345013%

Flavonoids

Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 60.38kcal (3.02%), Fat: 3.2g (4.92%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 4g (1.46%), Sugar: 1.73g (1.92%), Cholesterol: 7.53mg (2.51%), Sodium: 157.42mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin K: 135.03µg (128.6%), Vitamin C: 64.61mg (78.32%), Manganese: 0.29mg (14.39%), Vitamin A: 663.85IU (13.28%), Fiber: 3.08g (12.32%), Folate: 46.75µg (11.69%), Potassium: 303.78mg (8.68%), Vitamin B6: 0.17mg (8.47%), Vitamin B1: 0.11mg (7.54%), Iron: 1.14mg (6.32%), Phosphorus: 57.53mg (5.75%), Vitamin E: 0.76mg (5.1%), Magnesium: 19.96mg (4.99%), Vitamin B2: 0.07mg (4.25%), Calcium: 36.9mg (3.69%), Selenium: 2.53µg (3.62%), Copper: 0.06mg (3.2%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.35mg (2.35%)