



Hoisin Glazed Brussels Sprouts



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



3

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts rinsed trimmed sliced in half through the stem end
- ☐ 1 Tbsp vegetable oil; peanut oil preferred
- ☐ 0.5 large onion sliced
- ☐ 2 teaspoons ginger minced
- ☐ 1 garlic clove minced
- ☐ 1 Tbsp seasoned rice vinegar
- ☐ 2 teaspoons soya sauce
- ☐ 3 Tbsp hoisin sauce

- ☐ 1 teaspoon sesame oil dark
- ☐ 3 servings salt to taste

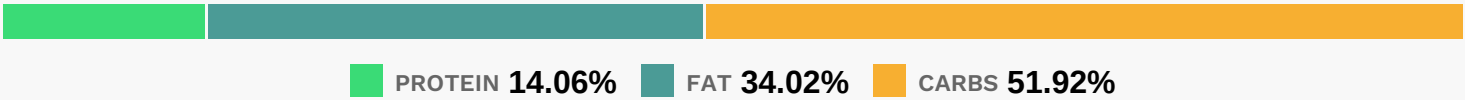
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ wok

Directions

- ☐ together the seasoned rice vinegar, soy sauce, and hoisin sauce in a small bowl, set aside.
- ☐ Pre-steam the brussels sprouts:
- ☐ Place a steamer rack in a medium pot, add an inch of water.
- ☐ Heat the water to a boil, then add the brussels sprouts to the pot. Cover the pot and steam the brussels sprouts for 5 minutes.
- ☐ Remove the sprouts from the pot and lay them out on a baking sheet to cool while you cook the onions in the next step.
- ☐ Heat the peanut oil in a wok or large sauté pan over high heat on your most powerful burner until the surface of the oil shimmers.
- ☐ Add the sliced onions and toss to coat with the oil.
- ☐ Sear over high heat until the edges of the onion slices begin to brown, about 4–5 minutes.
- ☐ Add the ginger, garlic and brussels sprouts to the pan and toss to combine. Stir-fry for 2 minutes, or until the brussels sprouts begin to brown.
- ☐ Add the rice vinegar, soy sauce and hoisin sauce mixture to the sprouts and toss to combine. Stir-fry for a minute or two (watch the sides of the pan and turn off the heat if you see any of the sauce scorch on the side of the pan).
- ☐ Drizzle with sesame oil and add salt to taste.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:3.16, Inflammation Score:-9, Nutrition Score:19.881304429925%

Flavonoids

Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg

Nutrients (% of daily need)

Calories: 167.93kcal (8.4%), Fat: 6.91g (10.63%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 17.02g (6.19%), Sugar: 8.86g (9.84%), Cholesterol: 0.48mg (0.16%), Sodium: 715.67mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.85%), Vitamin K: 276.34µg (263.18%), Vitamin C: 130.81mg (158.56%), Manganese: 0.63mg (31.27%), Fiber: 6.7g (26.79%), Folate: 101.56µg (25.39%), Vitamin A: 1141.58IU (22.83%), Vitamin B6: 0.39mg (19.68%), Potassium: 661.86mg (18.91%), Vitamin B1: 0.23mg (15.13%), Iron: 2.46mg (13.64%), Phosphorus: 125.04mg (12.5%), Vitamin E: 1.77mg (11.83%), Magnesium: 43.59mg (10.9%), Vitamin B2: 0.19mg (10.89%), Calcium: 77.61mg (7.76%), Vitamin B3: 1.52mg (7.59%), Copper: 0.15mg (7.4%), Vitamin B5: 0.53mg (5.33%), Zinc: 0.76mg (5.09%), Selenium: 3.04µg (4.34%)