



 **14%**
HEALTH SCORE

Honey Dijon Roasted Brussels Sprout

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 2 cups brussels sprouts
- 1 Tbsp dijon mustard
- 2 tablespoons honey
- 2 Tbsp olive oil
- 4 servings salt and pepper

Equipment

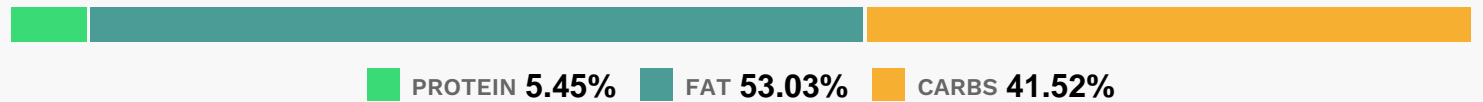
- bowl
- oven

roasting pan

Directions

- Preheat oven to 400whisk together olive oil, mustard and honey until well combined.In a large bowl, toss brussels sprouts in honey mustard mixture.
- Spread brussels sprouts evenly on a cast iron skillet or roasting pan. Salt and pepper to taste.
- Bake on top rack for 20 minutes.
- Remove from oven and toss so the brussels sprouts cook evenly.
- Place back in the oven and roast for an additional 10 minutes.The outside leaves should be slightly charred and the inside should be tender.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:8.8178260869565%

Flavonoids

Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Taste

Sweetness: 64.53%, Saltiness: 100%, Sourness: 35.56%, Bitterness: 55.48%, Savoriness: 57.89%, Fattiness: 76.88%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 115.01kcal (5.75%), Fat: 7.26g (11.17%), Saturated Fat: 1g (6.27%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 10.93g (3.98%), Sugar: 9.64g (10.71%), Cholesterol: 0mg (0%), Sodium: 246.6mg (10.72%), Protein: 1.68g (3.36%), Vitamin K: 82.15µg (78.24%), Vitamin C: 37.47mg (45.42%), Vitamin E: 1.41mg (9.39%), Manganese: 0.17mg (8.64%), Fiber: 1.85g (7.42%), Folate: 27.31µg (6.83%), Vitamin A: 334.42IU (6.69%), Potassium: 182.36mg (5.21%), Vitamin B6: 0.1mg (5.07%), Vitamin B1: 0.07mg (4.55%), Iron: 0.76mg (4.23%), Phosphorus: 34.83mg (3.48%), Magnesium: 12.14mg (3.03%), Selenium: 2.06µg (2.95%), Vitamin B2: 0.05mg (2.71%), Calcium: 21.66mg (2.17%), Copper: 0.04mg (1.88%), Vitamin B3: 0.36mg (1.81%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.54%)