



HEALTH SCORE

92%

Lemony Brussels Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



75 kcal

SIDE DISH

Ingredients



0.8 pound brussels sprouts trimmed halved



2 servings coarsely ground pepper



1 tablespoon juice of lemon fresh



0.5 teaspoon lemon rind grated



1 Dash salt

Equipment

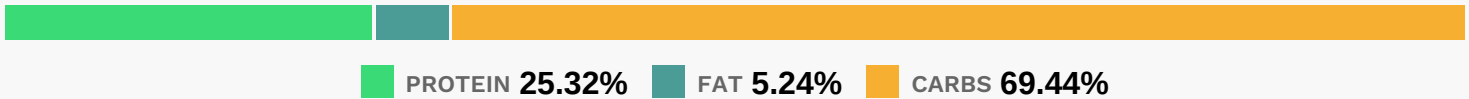


bowl

Directions

- ☐ Slash the bottom of each Brussels sprout with a shallow X; steam Brussels sprouts, covered, for 6 minutes or until tender.
- ☐ Drain.
- ☐ Combine Brussels sprouts and next 3 ingredients in a bowl; toss well to coat.
- ☐ Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:19.554782670477%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 5.7mg, Naringenin: 5.7mg, Naringenin: 5.7mg, Naringenin: 5.7mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 75.28kcal (3.76%), Fat: 0.53g (0.82%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 62.03mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin K: 301.24µg (286.89%), Vitamin C: 148.13mg (179.55%), Manganese: 0.59mg (29.35%), Folate: 105.34µg (26.34%), Fiber: 6.56g (26.26%), Vitamin A: 1283.78IU (25.68%), Potassium: 671.54mg (19.19%), Vitamin B6: 0.38mg (18.86%), Vitamin B1: 0.24mg (15.91%), Iron: 2.4mg (13.34%), Phosphorus: 118.18mg (11.82%), Vitamin E: 1.51mg (10.07%), Magnesium: 39.82mg (9.95%), Vitamin B2: 0.15mg (9.11%), Calcium: 73.02mg (7.3%), Vitamin B3: 1.28mg (6.39%), Copper: 0.12mg (6.1%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.72mg (4.8%), Selenium: 2.74µg (3.91%)