



## Mile End's Brussels Sprouts with Candied Walnuts and Apples

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

### Ingredients

- 1 pinch pepper black freshly ground
- 1.5 pounds brussels sprouts cut in half ( 2 pints)
- 1 tablespoon canola oil
- 2 apples i use 2 granny smith apples peeled cut into 1/2-inch pieces
- 2 tablespoons honey
- 1 juice of lemon
- 1 teaspoon kosher salt

- 1 tablespoon olive oil extra virgin unsalted extra-virgin
- 1 Leaves rosemary
- 0.3 cup walnut pieces

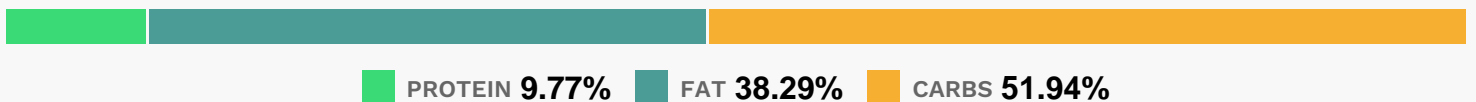
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat the butter or oil in a small skillet over medium heat and add the walnut pieces and salt. Cook, stirring frequently, until the walnuts start to take on a light golden color; add the rosemary and cook for 1 minute more.
- Add the honey, stir, and remove from the heat.
- Meanwhile, preheat the oven to 450 degrees.
- Make the Brussels Sprouts and Apples: Toss the Brussels sprouts with the canola oil, salt, and pepper.
- Spread them out on a 10- by 15-inch baking sheet and roast them until crisp-tender, 12 to 15 minutes. Set aside.
- To finish the dish, heat the butter or olive oil in a large skillet over medium-high heat, add the apple pieces, and cook them until lightly browned, about 2 minutes.
- Add the candied walnuts, Brussels sprouts, and lemon juice, and toss to combine. Adjust the seasoning if needed.

## Nutrition Facts



## Properties

Glycemic Index:59.57, Glycemic Load:10.78, Inflammation Score:-9, Nutrition Score:22.796956518422%

## Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

## Nutrients (% of daily need)

Calories: 264.63kcal (13.23%), Fat: 12.49g (19.21%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 28.84g (10.49%), Sugar: 22.21g (24.67%), Cholesterol: 0mg (0%), Sodium: 625.65mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin K: 307.91µg (293.25%), Vitamin C: 151.97mg (184.21%), Manganese: 0.87mg (43.67%), Fiber: 9.29g (37.18%), Folate: 116.14µg (29.03%), Vitamin A: 1341.54IU (26.83%), Potassium: 807.36mg (23.07%), Vitamin B6: 0.46mg (22.97%), Vitamin E: 2.84mg (18.93%), Vitamin B1: 0.28mg (18.66%), Iron: 2.85mg (15.85%), Phosphorus: 153.91mg (15.39%), Magnesium: 56.49mg (14.12%), Copper: 0.27mg (13.35%), Vitamin B2: 0.19mg (11.41%), Calcium: 88.85mg (8.89%), Vitamin B3: 1.45mg (7.27%), Zinc: 1.01mg (6.76%), Vitamin B5: 0.64mg (6.4%), Selenium: 3.19µg (4.55%)