



Mixed greens with walnuts



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 400 g brussels sprouts trimmed sliced
- ☐ 250 g cabbage shredded green sliced
- ☐ 100 g shallots peeled sliced
- ☐ 2 tsp olive oil
- ☐ 300 ml chicken stock see for christmas (use vegetable if you have any vegetarian guests over)
- ☐ 400 g peas frozen
- ☐ 50 g walnuts chopped

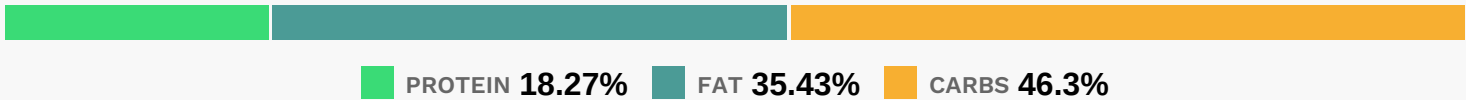
Equipment

☐ frying pan

Directions

- ☐ Bring a large pan of salted water to the boil, add your sliced sprouts and cabbage, then boil for 2 mins.
- ☐ Drain, rinse in cold water to cool, then drain well again. Soften the sliced shallots in a frying pan with the butter and oil until meltingly soft. Cover the veg separately with cling film and chill for up to 24 hrs, until just before serving.
- ☐ While your turkey is resting, tip shallots back into your largest frying pan with the stock and heat until simmering. Stir in the blanched sprouts, cabbage and frozen peas and cook for 2–3 mins until all the veg is tender and stock reduced. Season and stir in the walnuts just before serving

Nutrition Facts



Properties

Glycemic Index:21.29, Glycemic Load:3.8, Inflammation Score:-8, Nutrition Score:18.810869268749%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 143.33kcal (7.17%), Fat: 6.05g (9.31%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 11.44g (4.16%), Sugar: 6.68g (7.43%), Cholesterol: 1.14mg (0.38%), Sodium: 76.67mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin K: 125.67µg (119.69%), Vitamin C: 75.09mg (91.02%), Manganese: 0.67mg (33.67%), Fiber: 6.35g (25.4%), Folate: 88.71µg (22.18%), Vitamin B1: 0.26mg (17.58%), Vitamin B6: 0.33mg (16.63%), Vitamin A: 793.02IU (15.86%), Potassium: 478.89mg (13.68%), Phosphorus: 136.02mg (13.6%), Copper: 0.26mg (12.99%), Magnesium: 45.77mg (11.44%), Iron: 2mg (11.11%), Vitamin B3: 2.19mg (10.93%), Vitamin B2: 0.17mg (9.87%), Zinc: 1.18mg (7.88%), Calcium: 57.9mg (5.79%), Vitamin E: 0.77mg (5.16%), Selenium: 3.09µg (4.41%), Vitamin B5: 0.34mg (3.45%)