



Roast Lemon and Pepper Brussels Sprouts with Parmesan

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 pounds brussels sprouts trimmed quartered
- 2 teaspoons butter softened
- 0.3 cup parsley fresh chopped
- 0.8 teaspoon lemon rind grated
- 2 teaspoons olive oil
- 0.5 ounce parmesan cheese shaved

- 0.5 teaspoon salt
- 1 tablespoon sugar

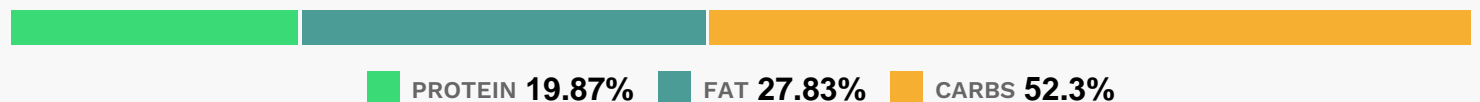
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 40
- Combine first 4 ingredients in a large bowl; toss well.
- Place Brussels sprouts mixture in a single layer on a jelly-roll pan coated with cooking spray.
- Bake at 400 for 20 minutes or until edges of Brussels sprouts are lightly browned.
- Combine parsley, butter, pepper, and rind, stirring well.
- Add butter mixture to Brussels sprouts mixture, and toss well.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:16.60478256821%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 80.67kcal (4.03%), Fat: 2.84g (4.37%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 7.56g (2.75%), Sugar: 4.03g (4.48%), Cholesterol: 3.89mg (1.3%), Sodium: 211.26mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin K: 232.59µg (221.52%), Vitamin C:

99.12mg (120.15%), Vitamin A: 1059.51IU (21.19%), Manganese: 0.42mg (20.89%), Folate: 72.25µg (18.06%), Fiber: 4.45g (17.82%), Potassium: 457.13mg (13.06%), Vitamin B6: 0.25mg (12.64%), Vitamin B1: 0.16mg (10.69%), Iron: 1.75mg (9.73%), Phosphorus: 92.35mg (9.23%), Vitamin E: 1.19mg (7.95%), Calcium: 72.97mg (7.3%), Magnesium: 28.28mg (7.07%), Vitamin B2: 0.11mg (6.53%), Vitamin B3: 0.88mg (4.39%), Copper: 0.09mg (4.32%), Vitamin B5: 0.37mg (3.71%), Zinc: 0.55mg (3.67%), Selenium: 2.25µg (3.21%)