



Roasted Brussels Sprout and Apple Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 apples cut into 1/4-inch slices
- ☐ 4 cups baby spinach
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 pound brussels sprouts halved lengthwise
- ☐ 0.5 cup hazelnuts finely chopped
- ☐ 1 tablespoon maple syrup pure
- ☐ 1 tablespoon olive oil divided
- ☐ 0.1 teaspoon pepper red crushed

- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup tahini
- ☐ 2 teaspoons miso white
- ☐ 1 onion yellow cut into 1-inch chunks

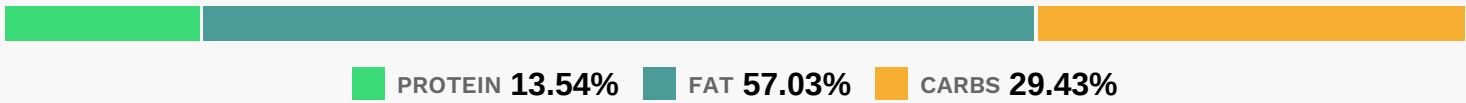
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Grease abaking sheet with 1 teaspoon oil. In abowl, combine brussels sprouts,apple, onion and remaining1 tablespoon oil; toss to coat. Roast onbaking sheet, turning once, untilsprouts are brown and tender,25 to 30 minutes. In a bowl,whisk together tahini, vinegar,syrup, miso, red pepper and1/4 cup plus 1 tablespoon water untilsmooth; set aside.
- ☐ Heat a largesillet over medium heat.Toast hazelnuts 3 to 5 minutes,stirring occasionally. Dividespinach, sprout mixture, hazelnuts,blue cheese and tahini dressingamong 4 plates. Seasonwith salt and black pepper.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:78.13, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:33.710434968057%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 0.01mg,

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 384.89kcal (19.24%), Fat: 26.17g (40.26%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 21.5g (7.82%), Sugar: 12.44g (13.83%), Cholesterol: 12.66mg (4.22%), Sodium: 366.52mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Vitamin K: 352.31µg (335.54%), Vitamin C: 110.52mg (133.97%), Manganese: 1.78mg (88.83%), Vitamin A: 3856.19IU (77.12%), Folate: 172.28µg (43.07%), Vitamin B1: 0.55mg (36.51%), Fiber: 8.87g (35.49%), Phosphorus: 338.51mg (33.85%), Copper: 0.66mg (33.07%), Vitamin E: 4.51mg (30.1%), Potassium: 930.37mg (26.58%), Vitamin B6: 0.5mg (25.04%), Magnesium: 100.05mg (25.01%), Iron: 4.05mg (22.48%), Calcium: 221.61mg (22.16%), Vitamin B2: 0.35mg (20.5%), Zinc: 2.32mg (15.5%), Selenium: 10.48µg (14.97%), Vitamin B3: 2.46mg (12.31%), Vitamin B5: 0.87mg (8.72%), Vitamin B12: 0.21µg (3.47%)