



Roasted Brussels Sprout Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



16

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds brussels sprouts
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 1 large garlic clove finely minced
- ☐ 0.7 cup green onions minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoon citrus champagne vinegar

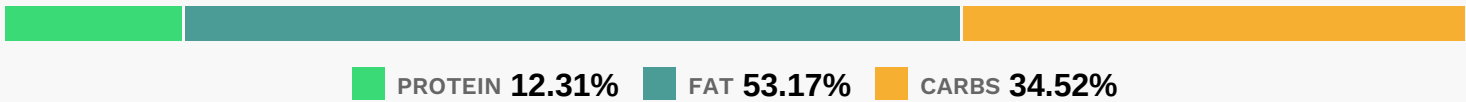
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients; gradually whisk in 1/2 cup oil until blended. Set aside.
- ☐ Rinse Brussels sprouts thoroughly, and remove any discolored leaves. Trim stem ends; cut in half lengthwise.
- ☐ Combine Brussels sprouts and next 3 ingredients in a large bowl; toss to coat.
- ☐ Transfer Brussels sprouts to 1 or 2 large rimmed baking sheets, spreading into 1 layer.
- ☐ Roast at 450 for 25 to 30 minutes or until tender and browned, stirring once.
- ☐ Transfer roasted Brussels sprouts to a serving bowl, and cool slightly.
- ☐ Add tomatoes, green onions, and parsley; toss to blend.
- ☐ Add desired amount of dressing, and toss to coat.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:15.067391271177%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 95.23kcal (4.76%), Fat: 6.18g (9.5%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 5.46g (1.98%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 253.15mg (11.01%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin K: 178.75µg (170.24%), Vitamin C: 78.64mg (95.32%), Vitamin A: 854.05IU (17.08%), Manganese: 0.33mg (16.74%), Folate: 58.48µg (14.62%), Fiber: 3.57g (14.28%), Vitamin E: 1.73mg (11.53%), Potassium: 392.38mg (11.21%), Vitamin B6: 0.21mg (10.38%), Vitamin B1: 0.13mg (8.68%), Iron: 1.51mg (8.37%), Phosphorus: 67.58mg (6.76%), Magnesium: 23.28mg (5.82%), Vitamin B2: 0.09mg (5.05%), Calcium: 43.72mg (4.37%), Copper: 0.08mg (4.06%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.42mg (2.8%), Selenium: 1.83µg (2.62%)