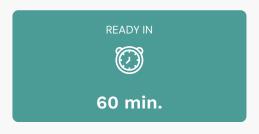
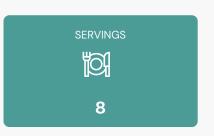


# **Roasted Brussels Sprouts**

Popular



0.5 cup rice cereal crisp





SIDE DISH

## Ingredients

O.3 cup fish sauce (preferably Tiparos brand)
2 pounds brussels sprouts trimmed halved lengthwise
O.3 teaspoon canola oil
2 tablespoons cilantro leaves finely chopped
1 garlic clove minced
3 tablespoons mint leaves finely chopped
8 servings mint leaves chopped

	0.3 teaspoon shichimi togarashi (Japanese seven-spice blend)	
	0.3 cup sugar	
	1.5 inch thai chile fresh red thinly sliced	
	2 tablespoons butter unsalted	
	0.3 cup water	
Equipment		
	bowl	
	frying pan	
	oven	
	baking pan	
Directions		
	Preheat oven to 450°F with rack in upper third.	
	Toss Brussels sprouts with oil, then arrange, cut sides down, in a 17- by 12-inch shallow baking pan. Roast, without turning, until outer leaves are tender and very dark brown, 40 to 45 minutes.	
	Add butter and toss to coat.	
	Stir together all dressing ingredients until sugar has dissolved.	
	Cook cereal, oil, and shichimi togarashi in a small skillet over medium heat, shaking skillet and stirring, until rice is coated and begins to turn golden, about 3 minutes.	
	Transfer to a bowl and cool, stirring occasionally.	
	Put Brussels sprouts in a serving bowl, then toss with just enough dressing to coat.	
	Sprinkle with puffed rice and serve remaining dressing on the side.	
	·Puffed rice can be made 3 days ahead and kept in an airtight container at room temperature. ·Dressing, without mint and cilantro, can be made 1 day ahead and chilled, covered. Bring to room temperature and add herbs before using.·Brussels sprouts can be roasted 4 hours ahead. Chill, uncovered, until cool, then cover. Reheat, uncovered, in a 350°F oven until hot, 10 to 15 minutes.	

### **Nutrition Facts**

#### **Properties**

Glycemic Index:20.51, Glycemic Load:6.27, Inflammation Score:-8, Nutrition Score:17.140434784734%

#### **Flavonoids**

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 0.16mg, Apigenin: 0.16mg, Api

### Nutrients (% of daily need)

Calories: 108.99kcal (5.45%), Fat: 3.37g (5.19%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 13.7g (4.98%), Sugar: 9.03g (10.04%), Cholesterol: 7.53mg (2.51%), Sodium: 600.41mg (26.1%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.46g (8.93%), Vitamin K: 201.5µg (191.91%), Vitamin C: 98.64mg (119.56%), Manganese: 0.44mg (22.11%), Vitamin A: 1096.41IU (21.93%), Folate: 78.25µg (19.56%), Fiber: 4.59g (18.38%), Vitamin B6: 0.29mg (14.41%), Potassium: 485.54mg (13.87%), Vitamin B1: 0.17mg (11.17%), Magnesium: 41.89mg (10.47%), Iron: 1.85mg (10.29%), Phosphorus: 84.1mg (8.41%), Vitamin E: 1.13mg (7.55%), Vitamin B2: 0.12mg (7.11%), Calcium: 60mg (6%), Vitamin B3: 1.12mg (5.6%), Copper: 0.1mg (5.01%), Selenium: 2.74µg (3.91%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.55mg (3.66%)