



Roasted Brussels Sprouts

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup asian fish sauce (preferably Tiparos brand)
- ☐ 2 pounds brussels sprouts trimmed halved lengthwise
- ☐ 0.3 teaspoon canola oil
- ☐ 2 tablespoons cilantro stems finely chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons mint leaves finely chopped
- ☐ 8 servings garnish: cilantro sprigs; torn mint leaves; scallions chopped
- ☐ 0.5 cup rice cereal such as rice krispies crisp

- ☐ 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: 3.73mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

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 %: 0% (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%)