



Roasted Brussels Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound brussels sprouts halved
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup hazelnuts chopped
- ☐ 1.5 teaspoons maple syrup
- ☐ 0.3 teaspoon salt

Equipment

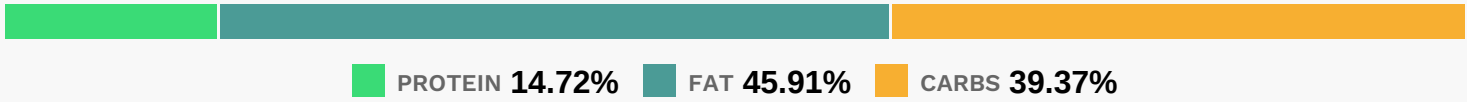
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine hazelnuts, canola oil, maple syrup, black pepper, salt, and Brussels sprouts on a jelly-roll pan.
- ☐ Bake at 425 for 17 minutes, stirring once.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:18.938695658808%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 121.26kcal (6.06%), Fat: 6.91g (10.63%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 8.23g (2.99%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 173.98mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Vitamin K: 203.61µg (193.92%), Vitamin C: 96.86mg (117.41%), Manganese: 0.94mg (46.9%), Fiber: 5.1g (20.4%), Folate: 77.69µg (19.42%), Vitamin A: 857.89IU (17.16%), Vitamin E: 2.48mg (16.5%), Vitamin B6: 0.29mg (14.56%), Potassium: 501.38mg (14.33%), Vitamin B1: 0.21mg (13.86%), Iron: 1.97mg (10.94%), Copper: 0.21mg (10.59%), Phosphorus: 100.39mg (10.04%), Magnesium: 39.29mg (9.82%), Vitamin B2: 0.14mg (8.49%), Calcium: 60.24mg (6.02%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.42mg (4.23%), Selenium: 2.01µg (2.87%)