



Roasted Brussels Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts trimmed cut in half lengthwise
- ☐ 1 teaspoon champagne vinegar
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest finely grated
- ☐ 1 tablespoon lemon-infused olive oil

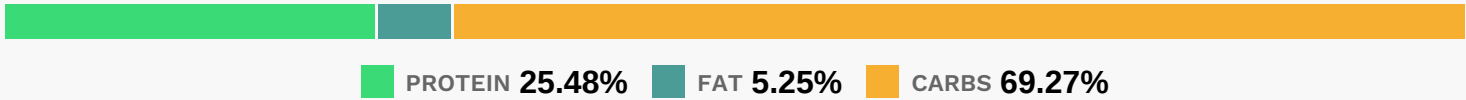
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare the grill for direct cooking over low heat (250 to 350F) and preheat the grill pan.
- ☐ In a medium bowl mix the marinade ingredients.
- ☐ Add the brussels sprouts and turn to coat them evenly.
- ☐ Spread the brussels sprouts in a single layer on the grill pan and grill over direct low heat, with the lid closed as much as possible, until crisp-tender, 10 to 15 minutes, turning several times.
- ☐ Transfer to a serving bowl and add the lemon zest and vinegar. Toss to coat evenly. Season with salt, if desired.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:8.3778261723726%

Flavonoids

Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 20.21kcal (1.01%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.02g (1.14%), Cholesterol: 0mg (0%), Sodium: 127.72mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 80.37µg (76.54%), Vitamin C: 39.65mg (48.06%), Manganese: 0.16mg (8.16%), Fiber: 1.83g (7.31%), Vitamin A: 352.08IU (7.04%), Folate: 27.85µg (6.96%), Potassium: 179.51mg (5.13%), Vitamin B6: 0.1mg (5.06%), Vitamin B1: 0.06mg (4.24%), Iron: 0.68mg (3.79%), Phosphorus: 31.7mg (3.17%), Magnesium: 10.95mg (2.74%), Vitamin E: 0.4mg (2.67%), Vitamin B2: 0.04mg (2.49%), Calcium: 20.99mg (2.1%), Vitamin B3: 0.34mg (1.72%), Copper: 0.03mg (1.71%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.2mg (1.31%), Selenium: 0.73µg (1.05%)