

 60%  
HEALTH SCORE

## Roasted Brussels Sprouts



Gluten Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound brussels sprouts rinsed ends trimmed
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon juice of lemon
- ☐ 2 Tbsp olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings salt

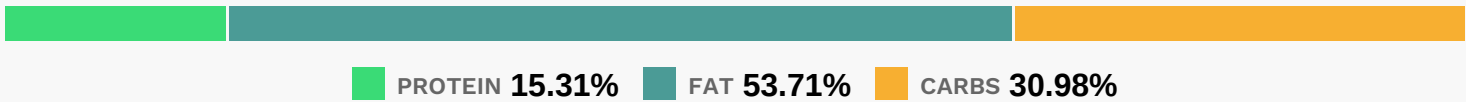
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Place Brussels sprouts in a cast iron frying pan (or a roasting pan, but a cast iron frying pan will work great for this recipe). Toss in the garlic.
- ☐ Sprinkle Brussels sprouts with lemon juice. Toss with oil so that the sprouts are well coated.
- ☐ Sprinkle generously with salt (at least a half teaspoon) and a few turns of black pepper.<sup>2</sup> Put Brussels sprouts in oven on top rack, cook for 20 minutes, then stir so that the sprouts get coated with the oil in the pan. Cook for another 10 minutes. Then sprinkle with Parmesan (if using) and cook for another 5 minutes. The sprouts should be nicely browned, some of the outside leaves crunchy, the interior should be cooked through.
- ☐ Add more salt to taste. (Salting sufficiently is the key to success with this recipe.)

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:2.09, Inflammation Score:-8, Nutrition Score:17.386521778029%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 140.83kcal (7.04%), Fat: 9.11g (14.01%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 7.43g (2.7%), Sugar: 2.55g (2.84%), Cholesterol: 5.44mg (1.81%), Sodium: 332.07mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Vitamin K: 205.24µg (195.46%), Vitamin C: 97.57mg (118.27%), Manganese: 0.44mg (21.92%), Vitamin A: 909.91IU (18.2%), Fiber: 4.39g (17.54%), Folate:

69.88µg (17.47%), Vitamin B6: 0.28mg (14.11%), Vitamin E: 2.04mg (13.62%), Potassium: 464.37mg (13.27%), Phosphorus: 121.57mg (12.16%), Vitamin B1: 0.16mg (10.95%), Calcium: 107.66mg (10.77%), Iron: 1.71mg (9.48%), Vitamin B2: 0.13mg (7.44%), Magnesium: 29.08mg (7.27%), Selenium: 4.33µg (6.18%), Zinc: 0.78mg (5.17%), Copper: 0.09mg (4.51%), Vitamin B3: 0.87mg (4.34%), Vitamin B5: 0.39mg (3.87%), Vitamin B12: 0.08µg (1.41%)