



Roasted Brussels Sprouts and Apples



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



109 kcal

SIDE DISH

Ingredients



0.5 cup apples diced



2 tablespoons apple cider



0.1 teaspoon pepper black freshly ground



8 ounces brussels sprouts trimmed quartered



1 teaspoon thyme leaves fresh minced



2 teaspoons olive oil



0.3 teaspoon salt

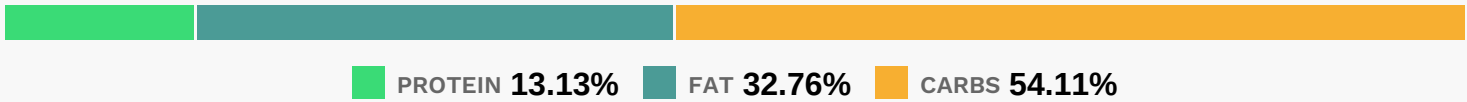
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine apple and Brussels sprouts in an 11 x 7inch baking dish.
- ☐ Add apple cider, olive oil, minced fresh thyme, salt, and freshly ground black pepper; toss well.
- ☐ Bake at 375 for 25 minutes or until sprouts are tender.

Nutrition Facts



Properties

Glycemic Index:90.88, Glycemic Load:3.75, Inflammation Score:-9, Nutrition Score:16.806086965229%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 108.59kcal (5.43%), Fat: 4.43g (6.82%), Saturated Fat: 0.64g (4%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 11.22g (4.08%), Sugar: 7.19g (7.99%), Cholesterol: 0mg (0%), Sodium: 320.14mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 204.01µg (194.3%), Vitamin C: 99.56mg (120.68%), Manganese: 0.44mg (21.9%), Fiber: 5.26g (21.04%), Vitamin A: 920.24IU (18.4%), Folate: 70.58µg (17.65%), Potassium: 497.56mg (14.22%), Vitamin B6: 0.27mg (13.38%), Vitamin B1: 0.17mg (11.11%), Vitamin E: 1.63mg (10.89%), Iron: 1.85mg (10.3%), Phosphorus: 83.99mg (8.4%), Magnesium: 30.22mg (7.55%), Vitamin B2: 0.12mg (6.92%), Calcium: 55.53mg (5.55%), Copper: 0.1mg (4.85%), Vitamin B3: 0.9mg (4.52%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.51mg (3.41%), Selenium: 1.84µg (2.62%)