



 **68%**  
HEALTH SCORE

## Roasted Brussels Sprouts & Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



10

CALORIES



77 kcal

SIDE DISH

### Ingredients

- 0.3 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 1 Tbsp brown sugar
- 1 lb brussels sprouts halved
- 1 lb carrots peeled cut into 3-inch sticks
- 1 Tbsp thyme leaves fresh finely chopped
- 1 large onion red cut into 1/2-inch-thick slices

### Equipment

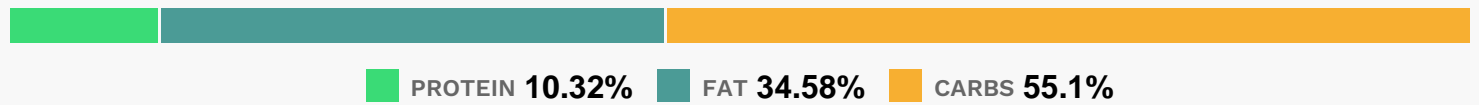
- frying pan

oven

## Directions

- Heat oven to 400F.
- Mix dressing, sugar and thyme until blended.
- Combine vegetables in 13x9-inch pan.
- Add dressing mixture; toss to coat.
- Bake 40 min. or until vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:15.08, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:14.612173857896%

## Flavonoids

Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 76.61kcal (3.83%), Fat: 3.15g (4.85%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.03g (2.92%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 114.28mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin A: 7953.2IU (159.06%), Vitamin K: 86.32µg (82.21%), Vitamin C: 43.17mg (52.32%), Fiber: 3.28g (13.11%), Manganese: 0.24mg (12.24%), Potassium: 343.52mg (9.81%), Folate: 38.7µg (9.68%), Vitamin B6: 0.18mg (8.9%), Vitamin B1: 0.1mg (6.56%), Iron: 0.92mg (5.14%), Phosphorus: 51.15mg (5.12%), Vitamin E: 0.7mg (4.67%), Magnesium: 18.2mg (4.55%), Vitamin B2: 0.07mg (4.32%), Calcium: 41.17mg (4.12%), Vitamin B3: 0.81mg (4.05%), Copper: 0.06mg (3.05%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.33mg (2.21%), Selenium: 0.84µg (1.2%)