



HEALTH SCORE

88%

Roasted Brussels Sprouts with Agave and Spicy Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 2 pounds brussels sprouts trimmed halved lengthwise
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 2 tablespoons spicy mustard

Equipment

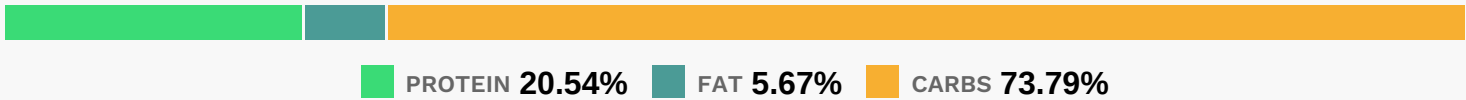
- ☐ baking sheet
- ☐ oven

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Drizzle olive oil over Brussels sprouts in a large mixing bowl; toss to coat.
- ☐ Spread sprouts onto a baking sheet; season with salt and pepper.
- ☐ Roast in preheated oven until hot in the middle, about 15 minutes.
- ☐ Whisk agave nectar and spicy mustard together in a large mixing bowl until smooth; add sprouts and toss to coat.
- ☐ Spread onto baking sheet.
- ☐ Roast sprouts until tender, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:18.752173879872%

Flavonoids

Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 89.81kcal (4.49%), Fat: 0.65g (1.01%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 13.18g (4.79%), Sugar: 8.16g (9.06%), Cholesterol: 0mg (0%), Sodium: 93.08mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin K: 269.3µg (256.47%), Vitamin C: 129.73mg (157.25%), Manganese: 0.53mg (26.64%), Fiber: 5.98g (23.91%), Folate: 94.68µg (23.67%), Vitamin A: 1143.67IU (22.87%), Vitamin B6: 0.35mg (17.55%), Potassium: 596.16mg (17.03%), Vitamin B1: 0.23mg (15.21%), Iron: 2.2mg (12.25%), Phosphorus: 109.82mg (10.98%), Vitamin E: 1.42mg (9.45%), Magnesium: 37.27mg (9.32%), Vitamin B2: 0.15mg (8.88%), Calcium: 66.8mg (6.68%), Selenium: 4.24µg (6.06%), Vitamin B3: 1.2mg (6.01%), Copper: 0.11mg (5.52%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.67mg (4.45%)