



## Roasted Brussels Sprouts with Almonds and Pecorino

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 1.5 pounds brussels sprouts trimmed halved
- 4 servings kosher salt
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 0.5 cup manchego cheese
- 0.3 cup olive oil
- 0.5 cup almonds whole

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat the oven to 500°F and arrange a rack in the middle. While the oven is heating, place the almonds on a baking sheet and toast until fragrant, about 4 to 6 minutes. Coarsely chop and set them aside (reserve the baking sheet).
- Place the Brussels sprouts and oil in a large bowl, season with salt and pepper, and toss to evenly coat. Arrange the Brussels sprouts cut-side down in a single layer on the reserved baking sheet (reserve the bowl). Roast, stirring about halfway through the cooking time, until browned and just tender, about 20 to 25 minutes total. (If your Brussels sprouts are small, check them after 10 minutes and adjust the cooking time as necessary.)
- Transfer the Brussels sprouts to the reserved bowl and set them aside to cool for 5 minutes.
- Add the toasted almonds, cheese, and lemon juice and toss to combine. Taste and season with salt and pepper as needed.

## Nutrition Facts

 PROTEIN 13.69%  FAT 65.78%  CARBS 20.53%

## Properties

Glycemic Index:18.5, Glycemic Load:2.98, Inflammation Score:-9, Nutrition Score:26.424782628598%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 5.78mg, Naringenin: 5.78mg, Naringenin: 5.78mg, Naringenin: 5.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg

Kaempferol: 1.53mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

## **Nutrients (% of daily need)**

Calories: 358.48kcal (17.92%), Fat: 28g (43.07%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 10.92g (3.97%), Sugar: 4.71g (5.23%), Cholesterol: 15.11mg (5.04%), Sodium: 322.6mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.21%), Vitamin K: 309.36µg (294.63%), Vitamin C: 147.49mg (178.77%), Vitamin E: 8.03mg (53.53%), Manganese: 1mg (49.79%), Fiber: 8.75g (34.98%), Folate: 113.14µg (28.29%), Vitamin A: 1361.4IU (27.23%), Calcium: 271.81mg (27.18%), Potassium: 801.93mg (22.91%), Magnesium: 88.01mg (22%), Vitamin B2: 0.36mg (21.07%), Phosphorus: 204.1mg (20.41%), Vitamin B6: 0.4mg (20.04%), Vitamin B1: 0.28mg (18.33%), Iron: 3.14mg (17.43%), Copper: 0.31mg (15.29%), Vitamin B3: 1.92mg (9.61%), Zinc: 1.28mg (8.52%), Vitamin B5: 0.62mg (6.21%), Selenium: 3.47µg (4.95%)