



WHATSheATE



HEALTH SCORE

57%

Roasted Brussels Sprouts with Apples, Golden Raisins, and Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients



2 apples cored peeled cut into chunks



1 pound brussels sprouts halved



1 cup cauliflower chopped



0.5 cup golden raisins



6 servings salt and ground pepper black to taste



1 tablespoon olive oil



1 onion sweet sliced

- ☐ 0.3 cup walnuts chopped
- ☐ 1 tablespoon chardonnay wine to taste

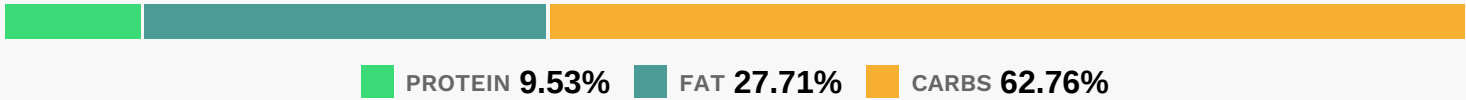
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- ☐ Spread Brussels sprouts, cauliflower, apples, and onion onto the prepared baking sheet; drizzle with olive oil. Season with salt and black pepper; stir until evenly coated.
- ☐ Bake in the preheated oven until Brussels sprouts and cauliflower are tender, 20 to 25 minutes.
- ☐ Transfer Brussels sprouts mixture to a serving bowl. Fold in raisins and walnuts; drizzle with wine. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:36.61, Glycemic Load:8.88, Inflammation Score:-8, Nutrition Score:17.60565221828%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin:

0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

Nutrients (% of daily need)

Calories: 177.2kcal (8.86%), Fat: 5.99g (9.22%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 24.55g (8.93%), Sugar: 18.36g (20.4%), Cholesterol: 0mg (0%), Sodium: 30.66mg (1.33%), Alcohol: 0.26g (100%), Alcohol %: 0.14% (100%), Protein: 4.64g (9.27%), Vitamin K: 140.02µg (133.35%), Vitamin C: 78.18mg (94.76%), Manganese: 0.56mg (28.16%), Fiber: 5.99g (23.98%), Folate: 75.31µg (18.83%), Vitamin B6: 0.36mg (17.98%), Potassium: 589.94mg (16.86%), Vitamin A: 604.85IU (12.1%), Copper: 0.23mg (11.48%), Phosphorus: 112.49mg (11.25%), Vitamin B1: 0.16mg (10.94%), Magnesium: 40.26mg (10.07%), Iron: 1.73mg (9.64%), Vitamin B2: 0.14mg (8%), Vitamin E: 1.18mg (7.9%), Calcium: 61.94mg (6.19%), Vitamin B3: 0.97mg (4.87%), Vitamin B5: 0.48mg (4.83%), Zinc: 0.65mg (4.35%), Selenium: 1.92µg (2.74%)