



WHATSheATE



Roasted Brussels Sprouts with Cabbage and Pine Nuts



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



25

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts quartered
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 teaspoon chile powder such as ancho pure
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup cranberries dried
- ☐ 4 garlic cloves thinly sliced
- ☐ 2 tablespoons honey

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 ounce parmigiano-reggiano cheese shaved
- ☐ 0.5 cup pinenuts
- ☐ 1.5 pounds cabbage red very thinly sliced
- ☐ 25 servings salt and pepper black freshly ground

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 45
- ☐ Spread the pine nuts in a pie plate and toast for about 3 minutes, until golden brown. On a large rimmed baking sheet, toss the brussels sprouts with 1 tablespoon of the olive oil and season with salt and black pepper. Roast for about 15 minutes, until the brussels sprouts are lightly caramelized and tender.
- ☐ Meanwhile, in a small bowl, whisk the lemon juice with the honey, mustard, cayenne and chile powder. Slowly whisk in 1/4 cup of the olive oil and season with salt and pepper.
- ☐ In a large bowl, toss the cabbage with the toasted pine nuts and cranberries. In a small skillet, heat the remaining olive oil.
- ☐ Add the garlic and cook over moderate heat until golden, about 1 minute. Scrape the garlic and hot oil over the cabbage.
- ☐ Add the brussels sprouts and toss, then add the dressing and toss again. Scatter the cheese shavings over the top and serve right away.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:1.55, Inflammation Score:-5, Nutrition Score:7.4969565618945%

Flavonoids

Cyanidin: 57.12mg, Cyanidin: 57.12mg, Cyanidin: 57.12mg, Cyanidin: 57.12mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 82.88kcal (4.14%), Fat: 5.66g (8.7%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.75g (5.27%), Cholesterol: 0.77mg (0.26%), Sodium: 35.54mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin K: 46.42µg (44.21%), Vitamin C: 31.83mg (38.58%), Manganese: 0.4mg (19.82%), Vitamin A: 467.17IU (9.34%), Vitamin E: 1mg (6.68%), Fiber: 1.57g (6.27%), Vitamin B6: 0.11mg (5.5%), Potassium: 162.66mg (4.65%), Phosphorus: 45.96mg (4.6%), Folate: 17.44µg (4.36%), Magnesium: 16.6mg (4.15%), Iron: 0.7mg (3.88%), Vitamin B1: 0.06mg (3.71%), Calcium: 35.9mg (3.59%), Copper: 0.06mg (2.96%), Vitamin B2: 0.05mg (2.83%), Zinc: 0.36mg (2.4%), Vitamin B3: 0.4mg (2%), Selenium: 0.98µg (1.39%), Vitamin B5: 0.12mg (1.24%)