

 100%
HEALTH SCORE

Roasted Brussels Sprouts With Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts fresh
- ☐ 8 medium carrots peeled cut into 2-inch pieces
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.8 teaspoon ground pepper
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons currant jelly red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 tablespoon sugar

☐ 2 tablespoons water hot

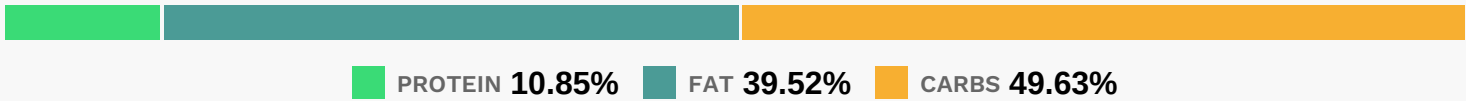
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Remove discolored leaves from brussels sprouts.
- ☐ Cut off stem ends; cut in half lengthwise.
- ☐ Place brussels sprouts and carrots in a large roasting pan.
- ☐ Combine olive oil and next 4 ingredients; pour over vegetables, tossing to coat.Cover and bake at 425 for 20 minutes. Uncover and bake 25 minutes or until tender.Stir together jelly and 2 tablespoons hot water; pour over vegetables, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.82, Glycemic Load:8.34, Inflammation Score:-10, Nutrition Score:25.058260814003%

Flavonoids

Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 202.11kcal (10.11%), Fat: 9.68g (14.9%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 19.04g (6.92%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 290.44mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin A: 14784.37IU (295.69%), Vitamin K: 284.18µg (270.65%), Vitamin C: 135.77mg (164.57%), Manganese: 0.68mg (34.05%), Fiber: 8.32g (33.29%), Folate: 108.98µg (27.25%), Potassium: 864.14mg (24.69%), Vitamin B6: 0.45mg (22.47%), Vitamin E: 3.17mg (21.16%), Vitamin B1: 0.27mg (17.72%), Iron: 2.67mg (14.85%), Phosphorus: 135.69mg (13.57%), Magnesium: 47.15mg (11.79%),

Vitamin B2: 0.19mg (11.44%), Calcium: 97.88mg (9.79%), Vitamin B3: 1.95mg (9.76%), Copper: 0.16mg (8%), Vitamin B5: 0.7mg (6.99%), Zinc: 0.86mg (5.73%), Selenium: 2.65µg (3.79%)