



Roasted Brussels Sprouts With Crispy Capers and Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups diagonally cut carrots ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds brussels sprouts trimmed halved
- ☐ 1 tablespoon butter
- ☐ 0.5 cup well-drained capers
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.3 cup olive oil extra-virgin divided

☐ 0.3 teaspoon salt

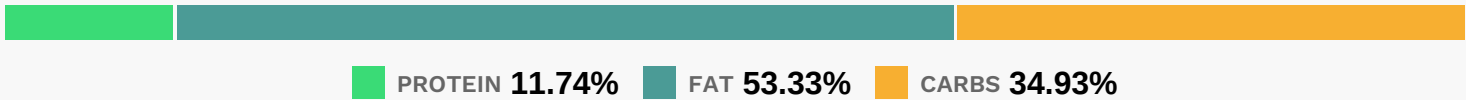
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 45
- ☐ Combine Brussels sprouts, carrots, and 3 tablespoons oil in a medium bowl, tossing to coat.
- ☐ Spread on large roasting pan coated with cooking spray.
- ☐ Bake at 450 for 15 minutes or until tender, stirring occasionally.
- ☐ Heat remaining 1 tablespoon oil and butter in a small skillet over medium heat.
- ☐ Add capers; fry 3 minutes or until brown and crisp. With slotted spoon, transfer capers to paper towels to drain. Set aside.
- ☐ Combine Brussels sprout mixture and capers in medium bowl.
- ☐ Sprinkle with parsley, salt, and pepper; toss gently to mix.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:15.559130358874%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 10.23mg, Kaempferol: 10.23mg, Kaempferol: 10.23mg, Kaempferol: 10.23mg Myricetin: 0.05mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg

Nutrients (% of daily need)

Calories: 88.15kcal (4.41%), Fat: 5.76g (8.86%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 4.9g (1.78%), Sugar: 2.46g (2.73%), Cholesterol: 2.51mg (0.84%), Sodium: 289.52mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin K: 145.43µg (138.51%), Vitamin C: 65.43mg (79.31%), Vitamin A: 2843.94IU (56.88%), Manganese: 0.29mg (14.53%), Fiber: 3.59g (14.37%), Folate: 52.66µg (13.17%), Potassium: 337.65mg (9.65%), Vitamin E: 1.41mg (9.38%), Vitamin B6: 0.18mg (9.22%), Iron: 1.37mg (7.63%), Vitamin B1: 0.11mg (7.44%), Phosphorus: 57.91mg (5.79%), Magnesium: 21.66mg (5.41%), Vitamin B2: 0.08mg (4.98%), Copper: 0.1mg (4.86%), Calcium: 40.79mg (4.08%), Vitamin B3: 0.7mg (3.53%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.37mg (2.49%), Selenium: 1.46µg (2.08%)