



Roasted Brussels Sprouts with Garlic and Slivered Almonds

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- 6 cups brussels sprouts fresh frozen thawed (8-ounce)
- 3 tablespoons butter melted
- 4 large cloves garlic minced
- 0.3 cup olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.3 cup slivered almonds

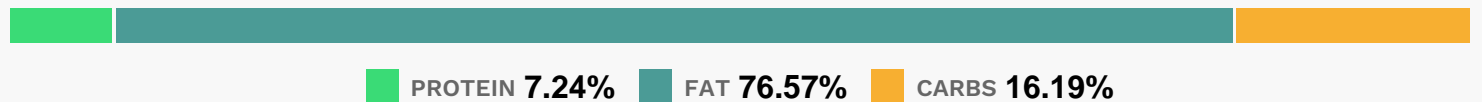
Equipment

- bowl
- frying pan
- oven
- roasting pan
- microwave

Directions

- If using fresh brussels sprouts, wash them thoroughly; remove discolored leaves.
- Cut off stem ends, and slash bottom of each sprout with a shallow X. Toss brussels sprouts with oil in a shallow roasting pan, coating well.
- Bake at 425 for 15 minutes.
- Transfer to a serving bowl; cover and keep warm.
- Meanwhile, brown almonds and garlic in butter in a small skillet over medium heat; add salt and pepper.
- Pour garlic mixture over brussels sprouts; toss gently.
- Serve immediately.
- Make-Ahead Directions: Prepare recipe several hours before meal. Just before serving, place in a microwave-safe dish; cover with heavy-duty plastic wrap. Microwave at HIGH 3 to 4 minutes or until thoroughly heated, stirring after 2 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:13.741739256226%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg,

Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 2.19mg, Naringenin:
2.19mg, Naringenin: 2.19mg, Naringenin: 2.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:
0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.12mg, Isorhamnetin:
0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol:
0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 174.13kcal (8.71%), Fat: 15.68g (24.12%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 7.46g (2.49%), Net
Carbohydrates: 4.34g (1.58%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 139.17mg (6.05%), Alcohol: 0g
(0%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Vitamin K: 122.37µg (116.54%), Vitamin C: 56.58mg (68.58%),
Vitamin E: 3.19mg (21.29%), Manganese: 0.36mg (17.92%), Vitamin A: 685.95IU (13.72%), Fiber: 3.12g (12.47%),
Folate: 42.35µg (10.59%), Potassium: 298.88mg (8.54%), Vitamin B6: 0.17mg (8.5%), Phosphorus: 70.79mg (7.08%),
Magnesium: 27.97mg (6.99%), Vitamin B1: 0.1mg (6.97%), Vitamin B2: 0.11mg (6.73%), Iron: 1.17mg (6.52%), Copper:
0.1mg (4.9%), Calcium: 44.53mg (4.45%), Vitamin B3: 0.67mg (3.34%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.24mg
(2.39%), Selenium: 1.46µg (2.08%)