



Roasted Brussels Sprouts with Garlic and Vermouth

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- 2 pounds brussels sprouts trimmed halved
- 1 leaf flat parsley fresh chopped for garnish
- 2 cloves garlic sliced
- 0.5 juice of lemon
- 6 servings kosher salt and pepper black freshly ground
- 6 servings olive oil for drizzling
- 0.5 onion red sliced

6 servings splash vermouth dry

Equipment

oven

grill

aluminum foil

Directions

Preheat an oven to 350 degrees F, or a grill to high (if you are outside, prepare a campfire).

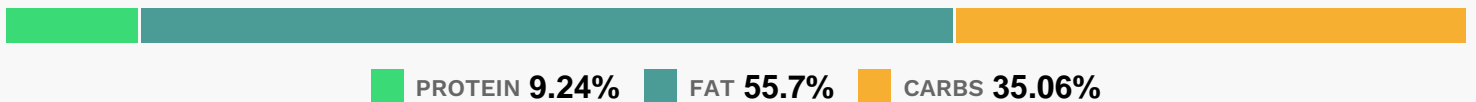
Cut a large sheet of foil and drizzle with some oil. Arrange the Brussels sprouts in a flat, single layer over half the sheet of foil.

Drizzle the Brussels sprouts with more oil and top with the garlic, onion, lemon juice and a splash of vermouth.

Sprinkle with salt and pepper. Fold the foil in half over the Brussels sprouts and fold the edges to seal and form a pouch. If the sprouts are crowded, make two pouches.

Cook the pouch in the oven or on a grill or campfire until cooked through but not mushy, about 20 minutes. To serve, cut open the foil pouch tableside and finish with a sprinkle of parsley.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:19.237391378569%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 5.01mg, Naringenin: 5.01mg, Naringenin: 5.01mg, Naringenin: 5.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 313.19kcal (15.66%), Fat: 14.48g (22.27%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 14.54g (5.29%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 38.75mg (1.68%), Alcohol: 14.06g (100%), Alcohol %: 5.46% (100%), Protein: 5.4g (10.81%), Vitamin K: 279µg (265.71%), Vitamin C: 130.7mg (158.42%), Manganese: 0.55mg (27.57%), Fiber: 5.96g (23.84%), Folate: 94.77µg (23.69%), Vitamin A: 1155.04IU (23.1%), Vitamin E: 3.36mg (22.37%), Vitamin B6: 0.36mg (17.81%), Potassium: 610.52mg (17.44%), Vitamin B1: 0.22mg (14.48%), Iron: 2.25mg (12.52%), Phosphorus: 108.97mg (10.9%), Magnesium: 36.35mg (9.09%), Vitamin B2: 0.14mg (8.26%), Calcium: 68.38mg (6.84%), Vitamin B3: 1.15mg (5.75%), Copper: 0.11mg (5.72%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.67mg (4.44%), Selenium: 2.61µg (3.74%)