



**91%**  
HEALTH SCORE

## Roasted Brussels Sprouts with Pecans

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



**35 min.**

SERVINGS



**8**

CALORIES



**175 kcal**

SIDE DISH

### Ingredients

- 2 pounds brussels sprouts trimmed halved lengthwise
- 2 cloves garlic finely chopped
- 8 servings kosher salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 cup pecans coarsely chopped

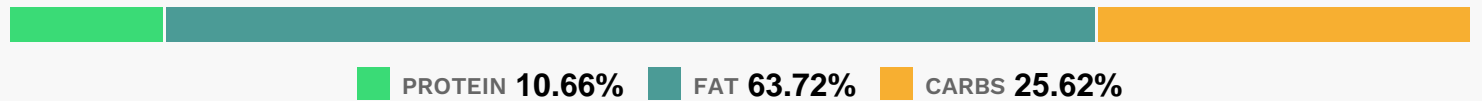
### Equipment

- baking sheet
- oven

# Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place the Brussels sprouts, pecans, olive oil, and garlic onto a large rimmed baking sheet, and toss the ingredients together until well combined and coated with oil.
- Spread out into a single layer, and turn the Brussels sprouts to face cut sides down.
- Roast in the preheated oven until golden brown and tender, 20 to 25 minutes.

# Nutrition Facts



# Properties

Glycemic Index:13, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:19.344782487206%

# Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

# Nutrients (% of daily need)

Calories: 175.22kcal (8.76%), Fat: 13.66g (21.01%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 6.7g (2.44%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 28.57mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin K: 203.47µg (193.79%), Vitamin C: 96.77mg (117.3%), Manganese: 1.02mg (51.03%), Fiber: 5.66g (22.63%), Folate: 72.21µg (18.05%), Vitamin A: 863.27IU (17.27%), Vitamin B1: 0.25mg (16.61%), Vitamin B6: 0.29mg (14.33%), Potassium: 501.35mg (14.32%), Copper: 0.25mg (12.32%), Phosphorus: 117.29mg (11.73%), Vitamin E: 1.69mg (11.3%), Iron: 1.97mg (10.97%), Magnesium: 42.93mg (10.73%), Zinc: 1.1mg (7.36%), Vitamin B2: 0.12mg (7.1%), Calcium: 59mg (5.9%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.47mg (4.74%), Selenium: 2.44µg (3.49%)