



Roasted Brussels Sprouts with Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts trimmed halved
- ☐ 2 cloves garlic finely chopped
- ☐ 8 servings kosher salt and pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pecans roughly chopped

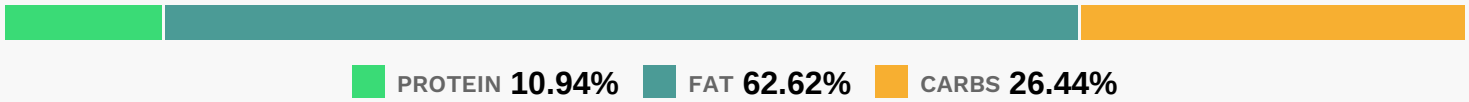
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Prepare the Brussels Sprouts
- ☐ Heat oven to 400 F. On a large rimmed baking sheet, toss the Brussels sprouts, pecans, oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Turn the Brussels sprouts cut-side down.Cook the Brussels Sprouts
- ☐ Roast until golden and tender, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:19.004782490108%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 166.33kcal (8.32%), Fat: 12.75g (19.62%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 6.6g (2.4%), Sugar: 2.99g (3.33%), Cholesterol: 0mg (0%), Sodium: 222.34mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Vitamin K: 203.27µg (193.59%), Vitamin C: 96.76mg (117.28%), Manganese: 0.95mg (47.6%), Fiber: 5.51g (22.05%), Folate: 71.92µg (17.98%), Vitamin A: 862.02IU (17.24%), Vitamin B1: 0.24mg (16.05%), Vitamin B6: 0.28mg (14.18%), Potassium: 494.94mg (14.14%), Copper: 0.23mg (11.51%), Phosphorus: 113.67mg (11.37%), Vitamin E: 1.68mg (11.17%), Iron: 1.93mg (10.75%), Magnesium: 41.25mg (10.31%), Vitamin B2: 0.12mg (7%), Zinc: 1.05mg (6.97%), Calcium: 57.8mg (5.78%), Vitamin B3: 0.99mg (4.97%), Vitamin B5: 0.46mg (4.62%), Selenium: 2.39µg (3.42%)