



 **94%**
HEALTH SCORE

Roasted Brussels Sprouts with Pomegranate Molasses

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



20 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

Ingredients

- 2 lbs brussels sprouts cleaned cut in half
- 0.3 cup olive oil
- 2 tbsp pomegranate molasses for recipe
- 0.3 cup pomegranate seeds fresh
- 6 servings salt and pepper
- 1 cup walnuts toasted

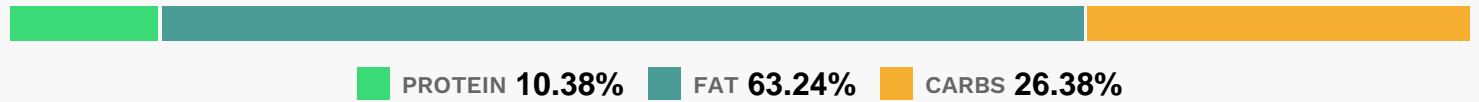
Equipment

- bowl
- aluminum foil

Directions

- Save Recipe
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- Roasted Brussels Sprouts with Pomegranate Molasses
- Ingredients 2 lbs Brussels sprouts, cleaned and cut in half 1/4 cup olive oil
- Salt and pepper 1 cup walnuts, toasted 1/3 cup fresh pomegranate seeds 2 tbsp pomegranate molasses – [click here for recipe](#)
- You will also need mixing bowl, sheet tray, aluminum foil
- Total Time: 20 Minutes
- Servings: 6–8 side servings
- Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index: 19.83, Glycemic Load: 3.66, Inflammation Score: -9, Nutrition Score: 23.304347950479%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 293kcal (14.65%), Fat: 22.27g (34.27%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 13.49g (4.91%), Sugar: 7.42g (8.24%), Cholesterol: 0mg (0%), Sodium: 232.43mg (10.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.45%), Vitamin K: 275.06µg (261.96%), Vitamin C: 129.7mg (157.21%), Manganese: 1.19mg (59.33%), Fiber: 7.42g (29.67%), Folate: 114.8µg (28.7%), Vitamin A: 1143.93IU (22.88%), Vitamin B6: 0.44mg (22.13%), Copper: 0.43mg (21.52%), Potassium: 695.79mg (19.88%), Vitamin B1: 0.28mg (18.85%), Vitamin E: 2.82mg (18.78%), Phosphorus: 175.08mg (17.51%), Magnesium: 66.68mg (16.67%), Iron: 2.76mg (15.35%), Vitamin B2: 0.17mg (10.01%), Zinc: 1.27mg (8.47%), Calcium: 83.73mg (8.37%), Vitamin B3: 1.37mg (6.86%), Vitamin B5: 0.61mg (6.13%), Selenium: 3.42µg (4.89%)