



HEALTH SCORE

84%

## Romano-Topped Brussels Sprouts



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 pounds brussels sprouts trimmed halved lengthwise
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup pecorino romano cheese shaved

### Equipment

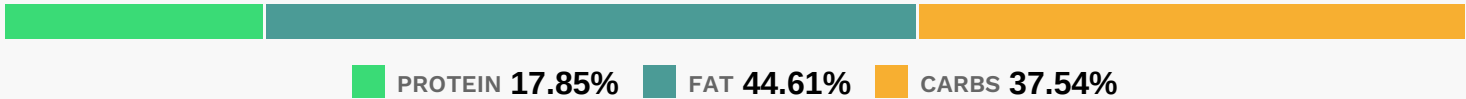
- ☐ bowl
- ☐ oven

☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine olive oil, salt, black pepper, and Brussels sprouts in a medium bowl; toss well to coat. Divide Brussels sprouts mixture evenly between 2 small roasting pans or jelly-roll pans coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until Brussels sprouts are browned and crisp-tender, rotating pans after 10 minutes.
- ☐ Remove from oven.
- ☐ Sprinkle Brussels sprouts evenly with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:18.439565280857%

Flavonoids

Naringenin: 4.66mg, Naringenin: 4.66mg, Naringenin: 4.66mg, Naringenin: 4.66mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 123.64kcal (6.18%), Fat: 6.8g (10.46%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 7.48g (2.72%), Sugar: 3.15g (3.5%), Cholesterol: 4.33mg (1.44%), Sodium: 230.9mg (10.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Vitamin K: 254.25µg (242.14%), Vitamin C: 120.49mg (146.04%), Manganese: 0.49mg (24.34%), Vitamin A: 1086.41IU (21.73%), Folate: 86.77µg (21.69%), Fiber: 5.4g (21.61%), Potassium: 555.89mg (15.88%), Vitamin B6: 0.31mg (15.71%), Vitamin E: 2.01mg (13.42%), Vitamin B1: 0.2mg (13.24%), Phosphorus: 129.57mg (12.96%), Iron: 2.05mg (11.41%), Calcium: 104.29mg (10.43%), Magnesium: 34.42mg (8.61%), Vitamin B2: 0.14mg (8.42%), Vitamin B3: 1.06mg (5.3%), Copper: 0.1mg (5.07%), Zinc: 0.7mg (4.69%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.88µg (4.11%)