



Sautéed Brussels Sprout Leaves



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces brussels sprouts
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parsley chopped
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup shallots chopped
- ☐ 1 teaspoon or dried fresh

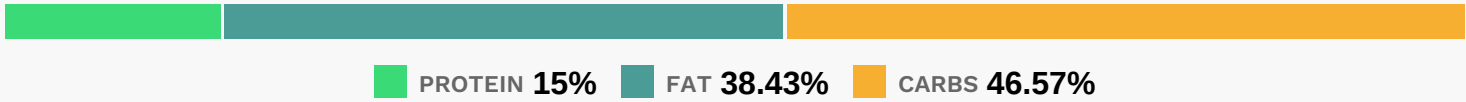
Equipment

- ☐ frying pan

Directions

- ☐ Rinse and drain brussels sprouts.
- ☐ Cut about 1/4 inch off the stem end of each sprout and begin peeling off the leaves. When difficult to peel farther, trim off another 1/4 inch and continue removing leaves. Repeat to peel all leaves from sprouts; discard cores.
- ☐ Set a 10- to 12-inch frying pan over medium-high heat; when hot, add olive oil, shallots, brussels sprout leaves, parsley, and thyme. Stir until sprout leaves are bright green and slightly wilted but still crunchy, about 3 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:15.002173973166%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 79.38kcal (3.97%), Fat: 3.79g (5.84%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 6.5g (2.37%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 218.06mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin K: 185.56µg (176.73%), Vitamin C: 76.93mg (93.25%), Manganese: 0.34mg (17.1%), Vitamin A: 834.09IU (16.68%), Fiber: 3.84g (15.36%), Folate: 60.17µg (15.04%), Vitamin B6: 0.24mg (12.04%), Potassium: 394.43mg (11.27%), Iron: 1.6mg (8.89%), Vitamin B1: 0.13mg (8.6%), Vitamin E: 1.27mg (8.49%), Phosphorus: 69.25mg (6.92%), Magnesium: 24.47mg (6.12%), Vitamin B2: 0.08mg (4.93%), Calcium: 46.13mg (4.61%), Copper: 0.08mg (3.92%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.45mg (2.98%), Selenium: 1.54µg (2.2%)