



WHATSheATE



HEALTH SCORE

95%

Sauteed Brussels Sprouts with Lemon and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients



1.5 pounds brussels sprouts separated trimmed (8 cups)



3 tablespoons grapeseed oil



2 tablespoons juice of lemon fresh



0.8 cup natural pistachios unsalted shelled



1 tablespoon shallots minced

Equipment



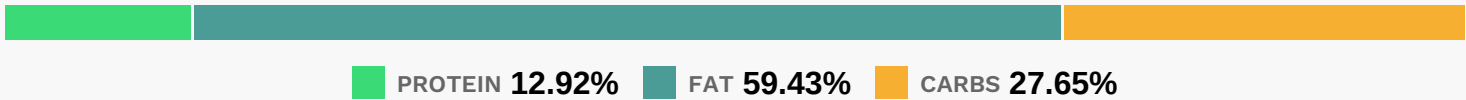
bowl

☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add shallot and stir 20 seconds.
- ☐ Add Brussels sprout leaves and pistachios, and sauté until leaves begin to soften but are still bright green, about 3 minutes.
- ☐ Drizzle lemon juice over. Season to taste with salt and pepper.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:20.103478203649%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 3.8mg, Naringenin: 3.8mg, Naringenin: 3.8mg, Naringenin: 3.8mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 199.35kcal (9.97%), Fat: 14.33g (22.05%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 15g (5%), Net Carbohydrates: 9.04g (3.29%), Sugar: 3.93g (4.37%), Cholesterol: 0mg (0%), Sodium: 28.75mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 200.73µg (191.17%), Vitamin C: 99.32mg (120.39%), Manganese: 0.57mg (28.61%), Vitamin B6: 0.52mg (25.89%), Fiber: 5.96g (23.84%), Vitamin E: 3.38mg (22.5%), Folate: 78.58µg (19.65%), Vitamin B1: 0.29mg (19.57%), Vitamin A: 919.19IU (18.38%), Potassium: 609.43mg (17.41%), Phosphorus: 154.98mg (15.5%), Copper: 0.28mg (14.08%), Iron: 2.21mg (12.3%), Magnesium: 45.34mg (11.33%), Vitamin B2: 0.13mg (7.51%), Calcium: 64.69mg (6.47%), Zinc: 0.82mg (5.49%), Vitamin B3: 1.05mg (5.26%), Vitamin B5: 0.44mg (4.42%), Selenium: 2.92µg (4.17%)