



WHATSheATE



Sautéed Brussels Sprouts with Orange and Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



2 pounds brussels sprouts trimmed halved



1 navel oranges



2 tablespoons olive oil extra virgin extra-virgin



0.3 teaspoon salt



1 shallots minced



0.3 cup walnuts toasted coarsely chopped

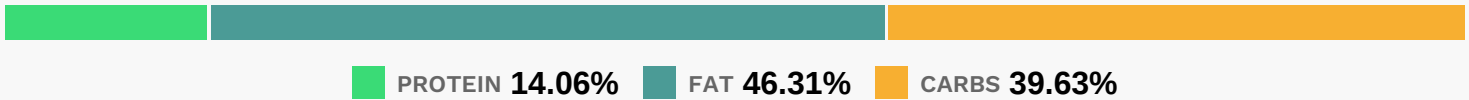
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Zest entire orange and juice half of it (about 1/4 cup).
- ☐ In a 12-inch saut pan, heat 1 tablespoon oil over medium-high heat. Saut shallot for 1 minute.
- ☐ Add half of Brussels sprouts, cut-side down, in a single layer; sprinkle with 1/8 teaspoon salt. Cook for 4 minutes.
- ☐ Add half of orange juice, flip sprouts and cook for 4 minutes.
- ☐ Transfer sprouts to a large serving bowl. Repeat with remaining oil, sprouts, salt and juice.
- ☐ Add second batch of sprouts to serving bowl with first batch.
- ☐ Toss sprouts with walnuts and orange zest and season with pepper.
- ☐ Serve warm, at room temperature or chilled as a salad.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:17.698260794515%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 122.57kcal (6.13%), Fat: 7.05g (10.85%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 8.44g (3.07%), Sugar: 4.36g (4.84%), Cholesterol: 0mg (0%), Sodium: 101.75mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin K: 203.08µg (193.41%), Vitamin C: 107.04mg

(129.75%), Manganese: 0.57mg (28.55%), Fiber: 5.14g (20.55%), Folate: 80.97µg (20.24%), Vitamin A: 899.69IU (17.99%), Vitamin B6: 0.3mg (14.97%), Potassium: 502.99mg (14.37%), Vitamin B1: 0.19mg (12.54%), Vitamin E: 1.56mg (10.43%), Phosphorus: 101.11mg (10.11%), Iron: 1.82mg (10.09%), Magnesium: 36.47mg (9.12%), Copper: 0.17mg (8.37%), Vitamin B2: 0.12mg (7%), Calcium: 61.44mg (6.14%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.43mg (4.34%), Selenium: 2.09µg (2.99%)