



WHATSheATE



HEALTH SCORE

58%

Sautéed Brussels Sprouts with Parmesan and Pine Nuts



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1.5 pounds brussels sprouts trimmed halved thinly sliced



1.5 tablespoons olive oil



0.3 cup parmesan



2 tablespoons pinenuts toasted



0.3 cup red wine vinegar



1 teaspoon sea salt

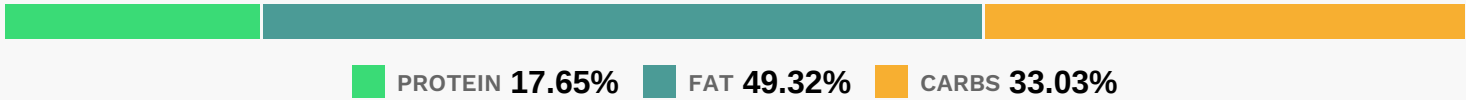
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat; add Brussels sprouts, salt, and pepper. Cook until sprouts are tender and golden (about 6 minutes), stirring occasionally.
- ☐ Remove pan from heat; add vinegar. Toss well.
- ☐ Transfer the sprouts to a serving bowl; top with Parmesan and pine nuts.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:15.126521627864%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 90.58kcal (4.53%), Fat: 5.4g (8.31%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 4.78g (1.74%), Sugar: 1.99g (2.21%), Cholesterol: 2.13mg (0.71%), Sodium: 362.73mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin K: 153.72µg (146.4%), Vitamin C: 72.35mg (87.7%), Manganese: 0.53mg (26.37%), Fiber: 3.36g (13.42%), Vitamin A: 667.08IU (13.34%), Folate: 52.97µg (13.24%), Potassium: 353.3mg (10.09%), Vitamin B6: 0.19mg (9.59%), Phosphorus: 95.54mg (9.55%), Vitamin E: 1.37mg (9.12%), Vitamin B1: 0.13mg (8.58%), Iron: 1.42mg (7.87%), Calcium: 74.33mg (7.43%), Magnesium: 27.73mg (6.93%), Vitamin B2: 0.09mg (5.46%), Copper: 0.1mg (4.81%), Zinc: 0.61mg (4.06%), Vitamin B3: 0.75mg (3.77%), Selenium: 2.09µg (2.98%), Vitamin B5: 0.29mg (2.87%)