



HEALTH SCORE

82%

Sautéed Brussels Sprouts with Sesame, Garlic, and Ginger



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts trimmed halved
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons ginger minced
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup beef broth fat-free
- ☐ 1 tablespoon soy sauce

☐ 1 cup onion chopped

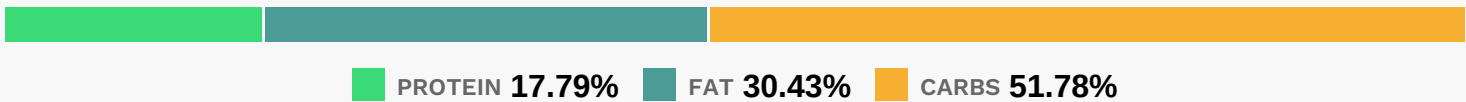
Equipment

☐ frying pan

Directions

- ☐ Heat sesame oil in a large skillet over medium-high heat.
- ☐ Add ginger, garlic, and onion to pan; saut 3 minutes.
- ☐ Add broth and Brussels sprouts; bring to a boil. Cover and simmer 6 minutes or until crisp-tender.
- ☐ Add green onions and soy sauce.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:17.399565261343%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 103.15kcal (5.16%), Fat: 3.92g (6.02%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 9.78g (3.56%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 211.87mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin K: 214.3µg (204.1%), Vitamin C: 100.81mg (122.19%), Manganese: 0.48mg (23.78%), Fiber: 5.22g (20.86%), Folate: 82.67µg (20.67%), Vitamin A: 918.2IU (18.36%), Potassium: 578.01mg (16.51%), Vitamin B6: 0.32mg (15.87%), Vitamin B1: 0.18mg (12.19%), Iron: 1.84mg (10.2%), Phosphorus: 100.28mg (10.03%), Magnesium: 34.71mg (8.68%), Vitamin B2: 0.13mg (7.57%), Vitamin E: 1.11mg (7.39%), Calcium: 64.04mg (6.4%), Copper: 0.11mg (5.33%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.61mg (4.08%), Selenium: 2.19µg (3.12%)