



HEALTH SCORE

100%

Sesame Stir-Fried Brussels Sprouts



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts trimmed halved
- ☐ 1 teaspoon cornstarch
- ☐ 2 garlic cloves crushed
- ☐ 4 teaspoons soya sauce low-sodium
- ☐ 21 ounce low-salt chicken broth canned
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water

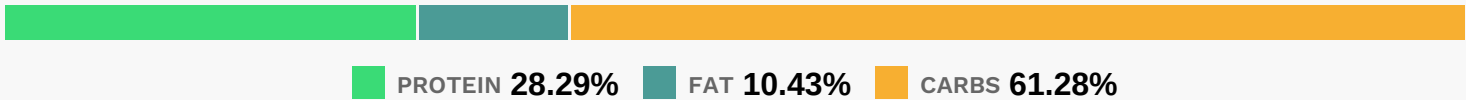
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine Brussels sprouts and broth in a large skillet; bring to a boil. Cook 6 minutes or until sprouts are tender, stirring frequently.
- ☐ Drain; return to skillet.
- ☐ Combine water, sugar, cornstarch, soy sauce, and garlic in a small bowl; stir until blended.
- ☐ Add cornstarch mixture to skillet; bring to a boil, and cook 1 minute or until thickened, stirring constantly.
- ☐ Remove from heat; sprinkle with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:4.6, Inflammation Score:-9, Nutrition Score:25.065652370453%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 135.04kcal (6.75%), Fat: 1.85g (2.84%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 15.68g (5.7%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 282.45mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin K: 401.45µg (382.34%), Vitamin C: 193.24mg (234.24%), Manganese: 0.82mg (41.16%), Folate: 141.08µg (35.27%), Fiber: 8.75g (34.99%), Vitamin A: 1710.22IU (34.2%), Potassium: 1036.23mg (29.61%), Vitamin B6: 0.54mg (27.11%), Vitamin B1: 0.32mg (21.61%), Phosphorus: 214.94mg (21.49%), Iron: 3.66mg (20.31%), Vitamin B3: 3.82mg (19.09%), Vitamin B2: 0.26mg (15.52%), Magnesium: 59.39mg (14.85%), Vitamin E: 2.02mg (13.46%), Copper: 0.26mg (13.23%), Calcium: 110.76mg (11.08%), Zinc: 1.2mg (7.99%), Vitamin B5: 0.73mg (7.26%), Selenium: 4.06µg (5.8%), Vitamin B12: 0.15µg (2.48%)