






 **54%**
HEALTH SCORE

Shaved Brussels Sprout and Kale Slaw with Pecorino and Toasted Hazelnuts

 **Gluten Free**

READY IN

30 min.

SERVINGS

6

CALORIES

246 kcal

SIDE DISH

Ingredients

- 8 ounces brussels sprouts
- 3 tablespoons champagne vinegar
- 0.5 teaspoon dijon mustard
- 1 small apples i use 2 granny smith apples
- 0.5 cup hazelnuts skinless
- 1 small bunch kale packed (4 cups lightly leaves)
- 6 servings kosher salt and freshly cracked pepper black

- 6 tablespoons olive oil
- 0.3 cup pecorino grated

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- mandoline

Directions

- Preheat the oven to 375 degrees F.
- Roughly chop the hazelnuts, and then spread them out on a sheet pan and roast in the oven until golden, 5 to 7 minutes.
- Wash and pat dry the Brussels sprouts and kale.
- Cut the Brussels sprouts in half lengthwise, through the stem. Using a sharp knife or mandoline, finely slice the Brussels sprouts crosswise to give you fine ribbons.
- Remove the tough stems from the kale leaves and discard. Stack the leaves up on top of one another and cut across the stem so it yields a similar shape to the shaved Brussels sprouts.
- Cut the sides of the apple off and cut into thin slices.
- To make the vinaigrette, combine the olive oil, champagne vinegar, Dijon mustard and some salt and pepper in a bowl, whisking together until lightly emulsified. To serve, mix the Brussels sprouts, kale and apple together well in a large salad bowl. Lightly dress with the champagne vinaigrette, and then top with shaved Pecorino and chopped toasted hazelnuts.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:18.335217348907%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.5mg, Kaempferol: 10.5mg, Kaempferol: 10.5mg, Kaempferol: 10.5mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 246.49kcal (12.32%), Fat: 22.07g (33.95%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 5.77g (2.1%), Sugar: 4.07g (4.52%), Cholesterol: 5.78mg (1.93%), Sodium: 287.1mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin K: 161.93µg (154.22%), Vitamin C: 54.18mg (65.67%), Vitamin A: 2488.27IU (49.77%), Manganese: 0.9mg (45.16%), Vitamin E: 4.05mg (27%), Fiber: 3.91g (15.63%), Calcium: 143.88mg (14.39%), Folate: 48.95µg (12.24%), Phosphorus: 113mg (11.3%), Copper: 0.22mg (10.98%), Vitamin B1: 0.15mg (9.89%), Vitamin B6: 0.19mg (9.31%), Potassium: 325.52mg (9.3%), Magnesium: 36.17mg (9.04%), Vitamin B2: 0.15mg (8.69%), Iron: 1.54mg (8.55%), Zinc: 0.65mg (4.31%), Vitamin B3: 0.75mg (3.73%), Selenium: 1.99µg (2.84%), Vitamin B5: 0.27mg (2.68%), Vitamin B12: 0.06µg (1.04%)