



Shaved Brussels Sprouts Salad

 **Gluten Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds brussels sprouts
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1 teaspoon dijon mustard
- 0.5 teaspoon kosher salt as needed plus more
- 2 tablespoons juice of lemon freshly squeezed
- 1 teaspoon lemon zest finely grated
- 0.3 cup olive oil
- 1 tablespoon parmesan cheese finely grated

- 0.3 cup pinenuts toasted
- 1 tablespoon shallots finely chopped ()

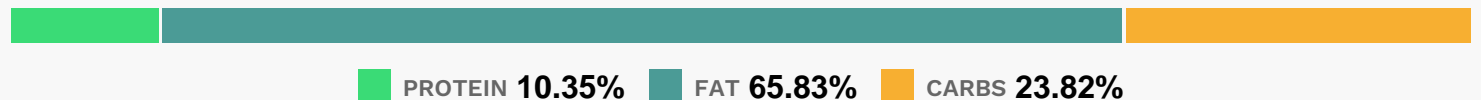
Equipment

- bowl
- whisk
- box grater

Directions

- Combine the lemon juice, zest, mustard, shallot, and measured salt and pepper in a medium, nonreactive bowl; set aside. Grate the eggs on the large holes of a box grater; set aside. Holding on to the stem end of the Brussels sprouts, thinly slice them crosswise until you get within 1/2 inch of the stem. Discard the stems and place the sliced sprouts in a large bowl, breaking up the layers and discarding any tough pieces; set aside. While whisking continuously, slowly drizzle the oil into the shallot mixture until all of the oil is incorporated.
- Add the pine nuts and half of the grated eggs to the Brussels sprouts and drizzle with the dressing. Gently toss until combined.
- Let sit at room temperature until the sprouts slightly soften and the flavors meld, about 15 minutes. Toss the salad again to redistribute the dressing. Taste and season with salt and pepper as needed.
- Transfer to a serving dish, top with the remaining eggs, and sprinkle with the Parmesan.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:19.435652140609%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 3.8mg, Naringenin: 3.8mg, Naringenin: 3.8mg, Naringenin: 3.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg

0.98mg, Kaempferol: 0.98mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 185.48kcal (9.27%), Fat: 14.75g (22.69%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.05g (3.39%), Cholesterol: 0.73mg (0.24%), Sodium: 246.51mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Vitamin K: 210.35µg (200.33%), Vitamin C: 98.95mg (119.94%), Manganese: 1.06mg (53.15%), Vitamin E: 3.01mg (20.07%), Fiber: 4.75g (18.99%), Folate: 73.46µg (18.36%), Vitamin A: 865.99IU (17.32%), Potassium: 501.16mg (14.32%), Vitamin B6: 0.27mg (13.28%), Phosphorus: 129.12mg (12.91%), Vitamin B1: 0.19mg (12.61%), Iron: 2.11mg (11.7%), Magnesium: 46.45mg (11.61%), Copper: 0.18mg (9.16%), Vitamin B2: 0.12mg (7.29%), Zinc: 1.01mg (6.75%), Vitamin B3: 1.19mg (5.95%), Calcium: 58.66mg (5.87%), Vitamin B5: 0.39mg (3.93%), Selenium: 2.47µg (3.53%)