



Shaved Brussels Sprouts Salad with Citrus Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 juice of lime juiced
- ☐ 1 juice of orange juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt and pepper to taste
- ☐ 1 small shallots minced

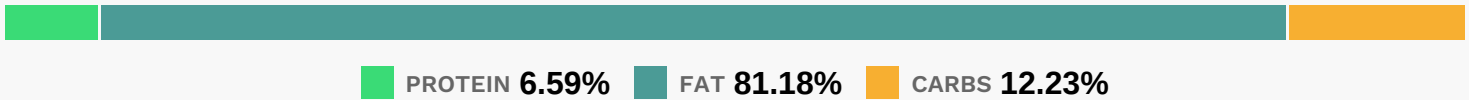
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mandoline
- ☐ potato ricer

Directions

- ☐ In a small saucepan, combine the orange, lemon and lime juices and simmer over moderate heat until reduced by half, about 10 minutes.
- ☐ Pour into a heatproof bowl and let cool to room temperature.
- ☐ Whisk in the minced shallot and the olive oil. Season with salt and pepper. Set aside. Separate the yolks and whites from the hard boiled eggs. Press them through a potato ricer, separately. Using a mandoline, carefully shave each Brussels sprout, holding on the stem end. A Teflon glove is a good idea to protect your hand. Toss the shaved Brussels sprouts with the vinaigrette and transfer it to a serving bowl. Top with the egg whites, followed by the yolks and almonds.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.21, Inflammation Score:-4, Nutrition Score:7.9078260064125%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 237.61kcal (11.88%), Fat: 22.48g (34.58%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.1g (1.86%), Sugar: 2.85g (3.16%), Cholesterol: 0mg (0%), Sodium: 195.36mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin E: 6.56mg (43.71%), Manganese: 0.43mg (21.58%), Vitamin C: 13.15mg (15.94%), Magnesium: 52.28mg (13.07%), Vitamin B2: 0.21mg (12.46%), Fiber: 2.52g (10.07%), Copper: 0.2mg (9.98%), Phosphorus: 93.93mg (9.39%), Vitamin K: 8.24µg (7.84%), Potassium: 198.57mg (5.67%), Calcium: 53.8mg (5.38%), Iron: 0.86mg (4.77%), Folate: 16.74µg (4.18%), Zinc: 0.6mg (4%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.74mg (3.69%), Vitamin B6: 0.06mg (2.92%), Vitamin B5: 0.15mg (1.5%), Selenium: 0.84µg (1.2%)