



## Shaved Brussels Sprouts Salad with Dijon Vinaigrette



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup pulled flat-leaf parsley leaves fresh chopped
- ☐ 0.3 cup dijon vinaigrette
- ☐ 6 servings kosher salt
- ☐ 1 cup roasted pecan halves
- ☐ 1 cup pecorino romano cheese shaved (or Parmigiano-Reggiano)
- ☐ 1 quart on a mandoline shaved

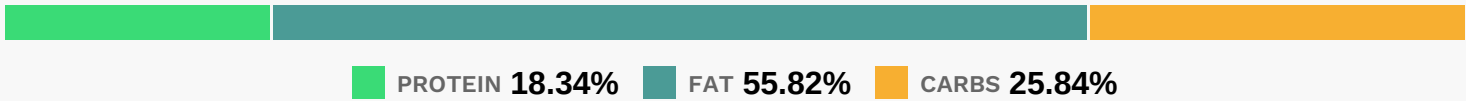
# Equipment

☐ bowl

# Directions

- ☐ In a medium salad bowl, toss the Brussels sprouts, pecans, cheese, and parsley.
- ☐ Add the vinaigrette, toss, season, and plate.

# Nutrition Facts



# Properties

Glycemic Index:27.5, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:26.327391036179%

# Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Naringenin: 5.19mg, Naringenin: 5.19mg, Naringenin: 5.19mg, Naringenin: 5.19mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

# Nutrients (% of daily need)

Calories: 254.72kcal (12.74%), Fat: 17.24g (26.52%), Saturated Fat: 4g (25.03%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 9.73g (3.54%), Sugar: 4.44g (4.93%), Cholesterol: 17.33mg (5.78%), Sodium: 550.17mg (23.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.49%), Vitamin K: 362.44µg (345.18%), Vitamin C: 140.94mg (170.84%), Manganese: 1.34mg (67.09%), Vitamin A: 1696.77IU (33.94%), Fiber: 8.21g (32.86%), Phosphorus: 295.47mg (29.55%), Folate: 109.35µg (27.34%), Calcium: 269.13mg (26.91%), Vitamin B1: 0.36mg (23.89%), Potassium: 740.17mg (21.15%), Vitamin B6: 0.41mg (20.31%), Iron: 3.24mg (18%), Magnesium: 70.73mg (17.68%), Copper: 0.33mg (16.5%), Vitamin B2: 0.24mg (13.94%), Zinc: 1.96mg (13.08%), Selenium: 9.11µg (13.01%), Vitamin E: 1.73mg (11.55%), Vitamin B3: 1.51mg (7.53%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.19µg (3.11%)