



HEALTH SCORE

77%

Spicy Brussels Sprouts



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts
- ☐ 2 tablespoons butter
- ☐ 1 garlic clove minced
- ☐ 1 small jalapeno seeded chopped
- ☐ 1 tablespoon sugar

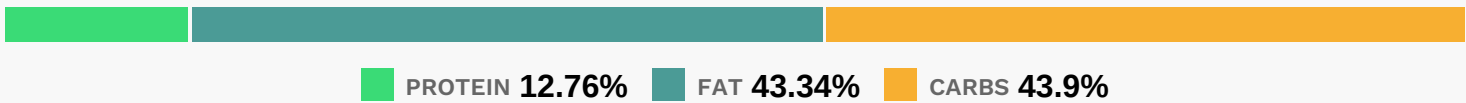
Equipment

- ☐ frying pan

Directions

- ☐ Cut each brussels sprout in half, and slice into shreds.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add jalapeo pepper and garlic; saut until tender.
- ☐ Add sprouts, and saut 2 minutes.
- ☐ Sprinkle with sugar; saut 1 more minute.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:4.07, Inflammation Score:-8, Nutrition Score:16.449565197787%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 112.77kcal (5.64%), Fat: 6g (9.23%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 9.25g (3.36%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 94.62mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Vitamin K: 201.37µg (191.79%), Vitamin C: 100.79mg (122.17%), Vitamin A: 1143.21IU (22.86%), Manganese: 0.4mg (19.91%), Fiber: 4.42g (17.69%), Folate: 70.21µg (17.55%), Vitamin B6: 0.27mg (13.65%), Potassium: 455.81mg (13.02%), Vitamin B1: 0.16mg (10.75%), Iron: 1.61mg (8.95%), Vitamin E: 1.34mg (8.94%), Phosphorus: 81.91mg (8.19%), Magnesium: 27mg (6.75%), Vitamin B2: 0.11mg (6.38%), Calcium: 51.53mg (5.15%), Vitamin B3: 0.9mg (4.48%), Copper: 0.08mg (4.17%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.49mg (3.27%), Selenium: 1.95µg (2.79%)