



Spicy Brussels Sprouts with Fried Capers



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts trimmed halved
- ☐ 0.5 cup brined capers drained
- ☐ 2 garlic cloves minced
- ☐ 0.5 optional: lemon
- ☐ 3 fillet oil-packed anchovy finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 tsp chile flakes red

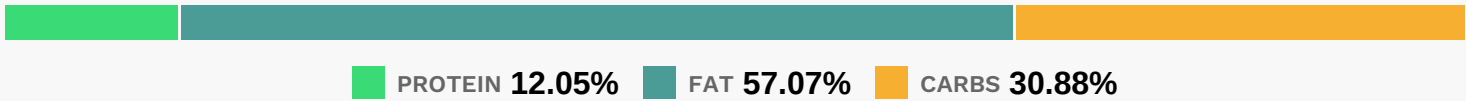
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add brussels sprouts and cook just until tender and bright green, about 5 minutes.
- ☐ Drain and set aside.
- ☐ Meanwhile, blot capers on a paper towel.
- ☐ Heat oil in a large frying pan over high heat.
- ☐ Add capers and cook, stirring carefully (mixture will splatter), until capers start to open and are brown and crisp, about 5 minutes. With a slotted spoon, transfer capers to a paper towel to drain.
- ☐ Add garlic and anchovies to pan and cook until fragrant, about 1 minute.
- ☐ Add brussels sprouts and chile flakes and stir to coat with oil. Cook, stirring occasionally, until starting to brown, about 5 minutes.
- ☐ Transfer to a serving plate and sprinkle with capers and a squeeze of lemon.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:17.150869552208%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 15.34mg, Kaempferol: 15.34mg, Kaempferol: 15.34mg, Kaempferol: 15.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 136.23kcal (6.81%), Fat: 9.55g (14.69%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 6.72g (2.44%), Sugar: 2.72g (3.03%), Cholesterol: 0.9mg (0.3%), Sodium: 335.26mg (14.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin K: 208.97µg (199.02%), Vitamin C: 100.67mg (122.03%), Manganese: 0.41mg (20.42%), Fiber: 4.91g (19.63%), Vitamin A: 909.48IU (18.19%), Folate: 72.62µg (18.16%), Vitamin E: 2.46mg (16.38%), Vitamin B6: 0.27mg (13.52%), Potassium: 466.09mg (13.32%), Vitamin B1: 0.16mg (11%), Iron: 1.94mg (10.8%), Phosphorus: 84.55mg (8.46%), Magnesium: 31.22mg (7.8%), Vitamin B2: 0.12mg (7.32%), Copper: 0.13mg (6.47%), Calcium: 57.82mg (5.78%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.38mg (3.81%), Selenium: 2.65µg (3.79%), Zinc: 0.56mg (3.7%)