



Spicy stir-fried sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 500 g brussels sprouts trimmed halved
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 pepper flakes sliced into rings
- ☐ 2 garlic clove finely chopped
- ☐ 1 large piece ginger fresh cut into fine matchsticks
- ☐ 1 tbsp soya sauce

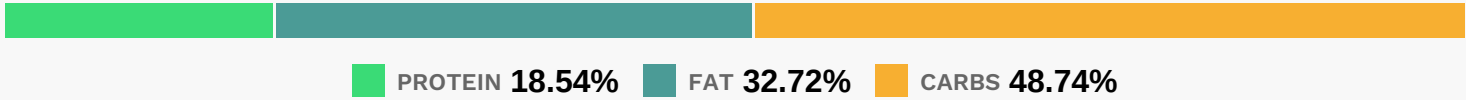
Equipment

- ☐ wok

Directions

- ☐ Cook the sprouts in boiling salted water for 3 mins, then drain.
- ☐ Heat the oil in a wok, then stir-fry the chilli, garlic and ginger for 1 min.
- ☐ Add the sprouts, cook for 2 mins, then drizzle with the soy sauce. Give everything a final toss before serving.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:18.106521606445%

Flavonoids

Naringenin: 4.11mg, Naringenin: 4.11mg, Naringenin: 4.11mg, Naringenin: 4.11mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 95.53kcal (4.78%), Fat: 3.95g (6.08%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 8.22g (2.99%), Sugar: 3.47g (3.85%), Cholesterol: 0mg (0%), Sodium: 284.11mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.07%), Vitamin K: 223.04µg (212.42%), Vitamin C: 122.97mg (149.06%), Manganese: 0.49mg (24.69%), Vitamin A: 1049.73IU (20.99%), Fiber: 5.02g (20.08%), Folate: 79.89µg (19.97%), Vitamin B6: 0.36mg (18.05%), Vitamin E: 2.62mg (17.47%), Potassium: 545.29mg (15.58%), Vitamin B1: 0.19mg (12.53%), Iron: 2.01mg (11.16%), Phosphorus: 99.83mg (9.98%), Magnesium: 34.26mg (8.57%), Vitamin B2: 0.13mg (7.72%), Vitamin B3: 1.27mg (6.36%), Copper: 0.12mg (5.83%), Calcium: 57.97mg (5.8%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.6mg (3.98%), Selenium: 2.32µg (3.31%)