



HEALTH SCORE

62%

Sticky sprouts with grapes & walnuts



Vegetarian



Gluten Free



Very Healthy

READY IN

**30 min.**

SERVINGS

**6**

CALORIES

**185 kcal**

SIDE DISH

Ingredients

- ☐ 800 g brussels sprouts
- ☐ 6 tbsp let set min. spread
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 large handful grapes red
- ☐ 50 g walnuts toasted roughly chopped
- ☐ 200 g greek yogurt thick
- ☐ 2 tbsp mint leaves chopped

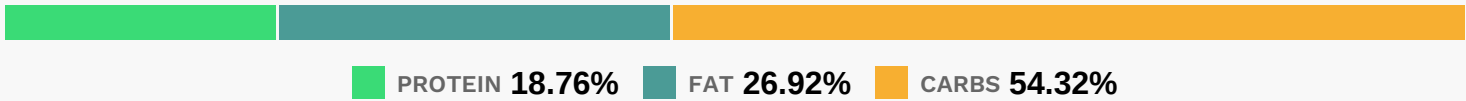
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Boil a large pan of water and add the sprouts. Boil for 8 mins, or until just cooked through but not soggy.
- ☐ Drain, cool, then halve. Can be chilled for up to 24 hrs.
- ☐ Melt the fig jam and balsamic vinegar together in a big frying pan or wok. When bubbling, add the sprouts and fry until they start to caramelise. Lower the heat and add the grapes, then cook for a few mins more until the grapes are hot and softening.
- ☐ Add the walnuts and seasoning, then tip into a serving dish.
- ☐ Mix the yogurt and chopped mint, and dollop over the hot sprouts.
- ☐ Garnish with a few extra mint leaves.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:8.98, Inflammation Score:-8, Nutrition Score:20.861304334972%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 4.39mg, Naringenin: 4.39mg, Naringenin: 4.39mg, Naringenin: 4.39mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 184.84kcal (9.24%), Fat: 5.99g (9.22%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 21.26g (7.73%), Sugar: 13.78g (15.31%), Cholesterol: 1.67mg (0.56%), Sodium: 51.62mg (2.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.79%), Vitamin K: 238.06µg (226.73%), Vitamin C: 115.25mg (139.69%), Manganese: 0.76mg (38.23%), Fiber: 5.93g (23.74%), Folate: 94.23µg (23.56%), Vitamin A: 1039.29IU (20.79%), Vitamin B6: 0.37mg (18.62%), Potassium: 646.24mg (18.46%), Phosphorus: 172.75mg (17.27%), Vitamin B1: 0.23mg (15.5%), Vitamin B2: 0.25mg (14.53%), Copper: 0.26mg (13.23%), Iron: 2.31mg (12.84%),

Magnesium: 50.01mg (12.5%), Calcium: 107.96mg (10.8%), Selenium: 6.13µg (8.76%), Vitamin E: 1.28mg (8.5%), Zinc: 1.02mg (6.81%), Vitamin B3: 1.19mg (5.97%), Vitamin B5: 0.58mg (5.81%), Vitamin B12: 0.23µg (3.89%)