



WHATSheATE



HEALTH SCORE

86%

Stir-fried sprouts with green beans, lemon & pine nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients



600 g brussels sprouts trimmed quartered



600 g green beans



1 tbsp olive oil



1 lemon zest



4 tbsp pinenuts toasted

Equipment



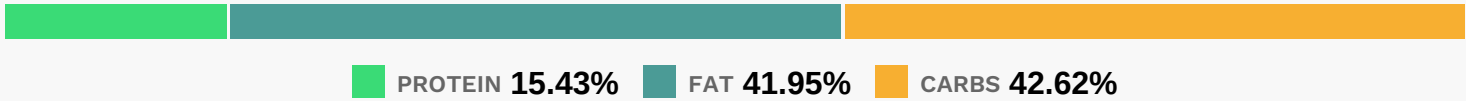
frying pan

☐ wok

Directions

- ☐ Cook the sprouts and beans in a pan of boiling salted water for 3 mins, then drain well.
- ☐ Heat the oil in a large wok or frying pan. When hot, add the lemon zest and pine nuts. Cook for a couple of seconds, then add the vegetables and stir-fry for 3–4 mins until the sprouts colour a little.
- ☐ Add a squeeze of lemon juice and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:18.31304364619%

Flavonoids

Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg, Naringenin: 2.47mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 104.97kcal (5.25%), Fat: 5.56g (8.56%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 7.58g (2.75%), Sugar: 4.31g (4.78%), Cholesterol: 0mg (0%), Sodium: 23.43mg (1.02%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin K: 168.75µg (160.71%), Vitamin C: 73.91mg (89.58%), Manganese: 0.85mg (42.74%), Vitamin A: 1084.82IU (21.7%), Fiber: 5.14g (20.56%), Folate: 72.3µg (18.07%), Vitamin B6: 0.28mg (13.8%), Potassium: 481.07mg (13.74%), Vitamin B1: 0.18mg (12.29%), Magnesium: 48.66mg (12.17%), Iron: 2.11mg (11.75%), Vitamin E: 1.69mg (11.25%), Phosphorus: 109.09mg (10.91%), Vitamin B2: 0.16mg (9.26%), Copper: 0.17mg (8.55%), Vitamin B3: 1.33mg (6.66%), Calcium: 61.07mg (6.11%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.42mg (4.19%), Selenium: 1.69µg (2.41%)