



Sweet and Spicy Brussels Sprouts



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 2 pounds brussels sprouts
- ☐ 2 tablespoons celery salt
- ☐ 1 cup chicken stock see
- ☐ 1 bay leaf fresh
- ☐ 3 tablespoons honey
- ☐ 2 teaspoons mustard seed
- ☐ 0.5 bell pepper red chopped

- ☐ 0.5 onion red chopped
- ☐ 0.3 teaspoon turmeric
- ☐ 3 tablespoons citrus champagne vinegar

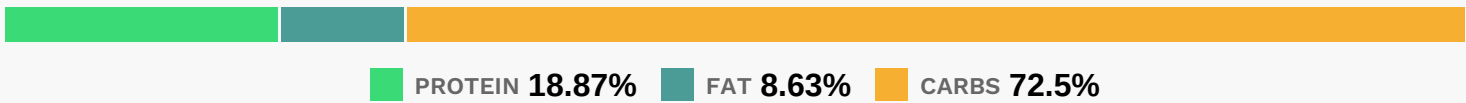
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a skillet, combine vinegar, honey and stock with a whisk. Stir in bay leaf, onion, pepper, mustard seed and turmeric, stir and bring to a boil. Trim the Brussels sprouts and halve them.
- ☐ Add to stock mixture and season with celery salt and pepper. Cover and reduce heat and simmer 10 minutes, uncover and cook 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:7.33, Inflammation Score:-9, Nutrition Score:20.336956563203%

Flavonoids

Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 124.68kcal (6.23%), Fat: 1.35g (2.07%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 19.18g (6.98%), Sugar: 13.46g (14.95%), Cholesterol: 1.2mg (0.4%), Sodium: 2422.45mg (105.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin K: 268.45µg (255.67%), Vitamin C: 142.16mg (172.31%), Manganese: 0.6mg (29.77%), Vitamin A: 1453.79IU (29.08%), Folate: 102.44µg (25.61%), Fiber: 6.3g (25.2%), Vitamin B6: 0.4mg (20.2%), Potassium: 684.23mg (19.55%), Vitamin B1: 0.24mg (16.13%), Iron: 2.5mg (13.91%), Phosphorus: 130.06mg (13.01%), Vitamin B2: 0.19mg (11.06%), Magnesium: 43.1mg (10.78%), Vitamin E: 1.56mg (10.37%), Vitamin B3: 1.93mg (9.66%), Selenium: 5.53µg (7.91%), Copper: 0.15mg (7.37%), Calcium: 73.42mg

(7.34%), Zinc: 0.83mg (5.53%), Vitamin B5: 0.53mg (5.27%)