



Sweet Brussels Sprouts with Balsamic Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 2 lb brussels sprouts trimmed
- 1 tsp orange zest grated
- 0.5 cup pancake syrup

Equipment

- frying pan
- pot

Directions

- Cook Brussels sprouts in large pot of boiling water 6 min. or until tender.
- Drain well.
- Meanwhile, combine syrup and dressing in large skillet; cook on medium heat 2 min. or until reduced to a thick glaze.
- Add Brussels sprouts; cook 2 min., stirring frequently.
- Add orange zest; mix lightly.

Nutrition Facts

 PROTEIN **10.46%**  FAT **20.61%**  CARBS **68.93%**

Properties

Glycemic Index:4, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:16.038695698199%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 134.32kcal (6.72%), Fat: 3.36g (5.17%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 20.96g (7.62%), Sugar: 2.74g (3.04%), Cholesterol: 0.79mg (0.26%), Sodium: 114.03mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 200.71µg (191.16%), Vitamin C: 96.73mg (117.25%), Manganese: 0.4mg (19.95%), Vitamin A: 868.08IU (17.36%), Fiber: 4.34g (17.34%), Folate: 69.25µg (17.31%), Potassium: 442.24mg (12.64%), Vitamin B6: 0.25mg (12.44%), Vitamin B1: 0.16mg (10.67%), Iron: 1.61mg (8.93%), Phosphorus: 80.27mg (8.03%), Vitamin E: 1mg (6.66%), Magnesium: 26.53mg (6.63%), Vitamin B2: 0.1mg (6.12%), Copper: 0.12mg (6.04%), Calcium: 49.16mg (4.92%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.48mg (3.23%), Selenium: 1.95µg (2.79%)