

 **98%**
HEALTH SCORE

Toasted sesame sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**20 min.**

SERVINGS

**4**

CALORIES

**110 kcal**

Ingredients

- ☐ 3.5 tbsp sesame seed
- ☐ 1 tbsp soy sauce low-sodium
- ☐ 1 tbsp cooking sherry
- ☐ 1 pinch sugar
- ☐ 500 g brussels sprouts roughly chopped
- ☐ 1 to 5 chillies shredded red

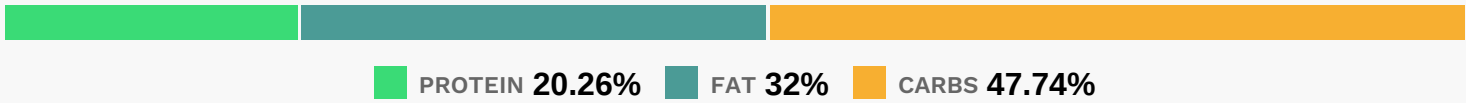
Equipment

- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ Toast the sesame seeds and, while they are still hot, use a pestle and mortar to grind all but tbsp until almost powder-like.
- ☐ Mix the soy and mirin into the crushed seeds, along with the sugar and 2 tsp water.
- ☐ Heat a large wok, then stir-fry the sprouts with a splash of water until softened but still crunchy. Stir through the sesame paste, then scatter with the remaining sesame seeds and the chilli, if using.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:2.94, Inflammation Score:-8, Nutrition Score:20.774347740671%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 4.13mg, Naringenin: 4.13mg, Naringenin: 4.13mg, Naringenin: 4.13mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 109.69kcal (5.48%), Fat: 4.35g (6.69%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 8.72g (3.17%), Sugar: 3.68g (4.08%), Cholesterol: 0mg (0%), Sodium: 177.32mg (7.71%), Alcohol: 0.39g (100%), Alcohol %: 0.32% (100%), Protein: 6.2g (12.39%), Vitamin K: 222.84µg (212.23%), Vitamin C: 122.42mg (148.38%), Manganese: 0.66mg (32.87%), Fiber: 5.88g (23.5%), Folate: 88.27µg (22.07%), Copper: 0.43mg (21.28%), Vitamin A: 1050.31IU (21.01%), Vitamin B6: 0.4mg (20.06%), Iron: 3.08mg (17.09%), Potassium: 576.08mg (16.46%), Vitamin B1: 0.25mg (16.4%), Magnesium: 62.11mg (15.53%), Phosphorus: 147.94mg (14.79%), Calcium: 132.4mg (13.24%), Vitamin B2: 0.15mg (8.93%), Vitamin E: 1.21mg (8.09%), Zinc: 1.2mg (8%), Vitamin B3: 1.48mg (7.38%), Selenium: 4.79µg (6.84%), Vitamin B5: 0.43mg (4.27%)