

Citrus Shaved Brussels Sprouts Salad with Lemon Vinaigrette

Debbie Arrington - Sacramento, CA
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Servings: 4

1 pound Brussels sprouts OR 1
pound pre-shaved Brussels sprouts
1 bunch scallions
1/4 bunch Italian parsley
zest of one lemon
1/2 cup lemon vinaigrette
LEMON VINAIGRETTE
1/4 cup Dijon mustard
1/3 cup fresh lemon juice
1 shallot, minced
1/4 cup Pernod
1 cup light olive oil
salt (to taste)
pepper (to taste)

Trim the end and outer leaves from the Brussels sprouts. Shave using a mandoline slicer.

Make the vinaigrette: Using a blender, mix together the mustard, lemon juice, shallot and Pernod. Gradually add the olive oil while blending. Add the seasoning. (this will produce one cup of vinaigrette.)

Wash and slice the scallions on an angle. Wash and roughly chop the parsley. Peel and finely julienne the lemon zest. Combine and toss with lemon vinaigrette.

Per Serving (excluding unknown items): 21 Calories; 1g Fat (25.2% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 191mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Salads, Side Dishes

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 21 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 25.2% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 58.4% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 16.4% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 1g | Folacin (mcg): | 13mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |

Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 4g
 Dietary Fiber (g): 1g
 Protein (g): 1g
 Sodium (mg): 191mg
 Potassium (mg): 84mg
 Calcium (mg): 23mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 15mg
 Vitamin A (i.u.): 526IU
 Vitamin A (r.e.): 52 1/2RE

Alcohol (kcal): 0
 % Deficit: 00%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 21 Calories from Fat: 5

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 1g | 1% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 191mg | 8% |
| Total Carbohydrates | 4g | 1% |
| Dietary Fiber | 1g | 3% |
| Protein | 1g | |
| Vitamin A | | 11% |
| Vitamin C | | 25% |
| Calcium | | 2% |
| Iron | | 3% |

* Percent Daily Values are based on a 2000 calorie diet.