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## Crispy Asian Brussels Sprouts ♦

Crispy Asian Brussels Sprouts is a delicious vegetarian dish that combines the flavors of Asian cuisine with the unique taste of Brussels sprouts. It is a popular side dish that can be enjoyed with rice or noodles. The Brussels sprouts are coated in a crispy batter and then stir-fried with a flavorful sauce, resulting in a dish that is both crunchy and savory. This recipe is perfect for those who are looking for a vegetarian option that is full of flavor and texture.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Brussels sprouts
50 g	cornstarch
60 ml	soy sauce

30 ml	rice vinegar
30 g	honey
2 cloves	garlic
10 g	Ginger
30 ml	vegetable oil
5 g	salt
5 g	pepper

## Directions

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### Step 1

#### Cutting

Trim the ends of the Brussels sprouts and remove any outer leaves. Cut them in half.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large bowl, combine the cornstarch, salt, and pepper. Toss the Brussels sprouts in the mixture until evenly coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Stir-frying

Heat the vegetable oil in a large skillet or wok over medium-high heat. Add the Brussels sprouts and cook for 8-10 minutes, stirring occasionally, until they are crispy and browned.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 4

#### Mixing

In a small bowl, whisk together the soy sauce, rice vinegar, honey, minced garlic, and grated ginger.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Stirring

Pour the sauce over the cooked Brussels sprouts and stir to coat them evenly. Cook for an additional 2-3 minutes, until the sauce has thickened slightly.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 6

### Serving

Serve the Crispy Asian Brussels Sprouts hot as a side dish or as a main course with rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 5 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Grill

### Nutritional Content

Low Calorie

### Cuisines

Italian

Chinese

Thai

### Diet

Anti-Inflammatory Diet

### Course

Snacks

Salads

Soups

Side Dishes

### Cooking Method

Boiling

Steaming

Microwaving

Simmering

Plating

Serving

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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