



Baby Brussels Sprouts with Buttered Pecans



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 pounds brussels sprouts trimmed
- ☐ 0.5 tablespoon garlic minced
- ☐ 1 teaspoon juice of lemon fresh to taste
- ☐ 0.5 cup pecans
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons butter unsalted

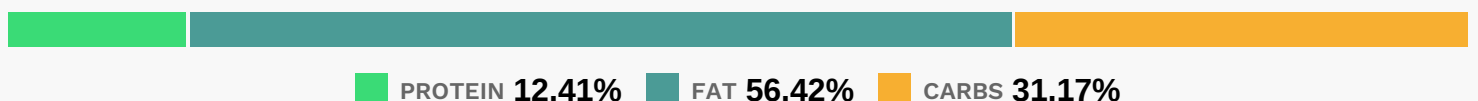
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Spread pecan pieces in 1 layer in a shallow baking pan and bake until fragrant and a few shades darker, about 10 minutes.
- ☐ Add 1/2 tablespoon butter and 1/4 teaspoon salt to nuts and toss until butter is melted and nuts are coated.
- ☐ While nuts bake, cook Brussels sprouts in a 6- to 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 6 minutes, then transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain sprouts and pat dry.
- ☐ Melt remaining 2 1/2 tablespoons butter in a 12-inch heavy skillet over moderate heat, then add garlic and cook, stirring, until fragrant, about 1 minute. Increase heat to moderately high, then add sprouts and sauté, stirring occasionally, until browned in patches, about 5 minutes.
- ☐ Add lemon juice, pepper, and remaining 1/2 teaspoon salt, then stir in pecans and serve.
- ☐ ·If you can't find baby Brussels sprouts, you can use 2 lb regular Brussels sprouts, quartered.·Pecans can be toasted and buttered 1 day ahead and kept at room temperature, covered.·Brussels sprouts can be boiled 1 day ahead and kept chilled in a sealed plastic bag with a paper towel to absorb excess moisture.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:17.609999870477%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 3.74mg, Naringenin: 3.74mg, Naringenin: 3.74mg, Naringenin: 3.74mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 130.2kcal (6.51%), Fat: 9.06g (13.94%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 6.33g (2.3%), Sugar: 2.76g (3.07%), Cholesterol: 11.29mg (3.76%), Sodium: 247.04mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin K: 201.41µg (191.82%), Vitamin C: 96.85mg (117.4%), Manganese: 0.68mg (33.89%), Vitamin A: 990.11IU (19.8%), Fiber: 4.93g (19.73%), Folate: 70.84µg (17.71%), Potassium: 471.27mg (13.46%), Vitamin B6: 0.27mg (13.41%), Vitamin B1: 0.2mg (13.33%), Iron: 1.76mg (9.79%), Phosphorus: 97.56mg (9.76%), Magnesium: 33.95mg (8.49%), Vitamin E: 1.21mg (8.06%), Copper: 0.16mg (7.85%), Vitamin B2: 0.11mg (6.63%), Calcium: 54.57mg (5.46%), Zinc: 0.77mg (5.12%), Vitamin B3: 0.92mg (4.62%), Vitamin B5: 0.41mg (4.14%), Selenium: 2.18µg (3.11%)