



Becel® Browned Buttery Brussels Sprouts

 Gluten Free  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- 2 pounds brussels sprouts trimmed halved
- 2 tablespoons buttery taste margarine becel®
- 1 large onion chopped

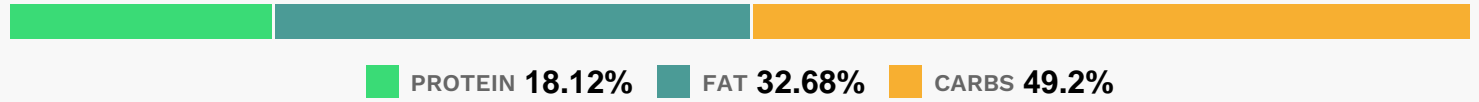
Equipment

- frying pan

Directions

- Cook brussels sprouts in boiling, lightly salted water until tender, about 7 minutes. Meanwhile, melt Becel® Buttery Taste margarine in 12-inch nonstick skillet over medium heat and cook shallot 6 minutes, stirring frequently, until golden and very soft.
- Add drained brussels sprouts and stir to combine.
- Saute lightly until golden brown.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.99, Inflammation Score:-9, Nutrition Score:23.583913040874%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 152.35kcal (7.62%), Fat: 6.32g (9.73%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 12.59g (4.58%), Sugar: 5.48g (6.09%), Cholesterol: 0mg (0%), Sodium: 123.46mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Vitamin K: 401.48µg (382.36%), Vitamin C: 193.29mg (234.29%), Vitamin A: 1960.68IU (39.21%), Manganese: 0.78mg (39.13%), Fiber: 8.82g (35.27%), Folate: 140.54µg (35.14%), Vitamin B6: 0.52mg (25.94%), Potassium: 906.05mg (25.89%), Vitamin B1: 0.32mg (21.31%), Iron: 3.25mg (18.06%), Phosphorus: 161.85mg (16.18%), Vitamin E: 2.22mg (14.77%), Magnesium: 53.69mg (13.42%), Vitamin B2: 0.21mg (12.23%), Calcium: 99.67mg (9.97%), Vitamin B3: 1.7mg (8.52%), Copper: 0.16mg (8.21%), Vitamin B5: 0.72mg (7.25%), Zinc: 0.98mg (6.52%), Selenium: 3.7µg (5.29%)