



Breaded Brussels Sprouts

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- 20 brussels sprouts cleaned trimmed
- 2 tablespoons butter melted
- 1 cup seasoned bread crumbs dry italian

Equipment

- sauce pan

Directions

- Place the Brussels sprouts into a large saucepan and fill with enough water to cover. Bring to a boil and cook until tender enough to easily pierce with a fork, 15 to 20 minutes.
- Drain and allow to dry for a few minutes.
- Place the Brussels sprouts into a serving dish and toss with melted butter to coat. Stir in the breadcrumbs gently until evenly distributed.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:19.865652073985%

Flavonoids

Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 205.94kcal (10.3%), Fat: 7.61g (11.7%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 23.97g (8.72%), Sugar: 3.82g (4.24%), Cholesterol: 15.35mg (5.12%), Sodium: 469.56mg (20.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin K: 182.44µg (173.75%), Vitamin C: 81.56mg (98.86%), Manganese: 0.62mg (30.77%), Vitamin B1: 0.42mg (28.05%), Folate: 93.86µg (23.47%), Fiber: 5.08g (20.32%), Vitamin A: 949.13IU (18.98%), Iron: 2.81mg (15.6%), Vitamin B6: 0.26mg (12.98%), Selenium: 9µg (12.86%), Vitamin B3: 2.56mg (12.79%), Potassium: 440.53mg (12.59%), Vitamin B2: 0.21mg (12.49%), Phosphorus: 120.33mg (12.03%), Calcium: 96.18mg (9.62%), Magnesium: 35.79mg (8.95%), Vitamin E: 1.08mg (7.18%), Copper: 0.14mg (6.98%), Zinc: 0.83mg (5.56%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.12µg (1.95%)