



Brown Butter Almond Brussels Sprouts

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- 1 teaspoon almond extract
- 0.3 cup almonds sliced
- 16 ounces brussels sprouts frozen
- 4 tablespoons butter
- 1 tablespoon freshly chives chopped
- 8 servings salt and pepper black freshly ground

Equipment

- frying pan

microwave

Directions

- Place Brussels sprouts in microwave safe dish and cover. Microwave on HIGH 7 minutes; stir halfway through cooking.
- Heat the butter in a fry pan until it turns nut brown.
- Add the almonds and toss to brown. Stir in extract.
- Add the Brussels sprouts, season with salt and pepper and toss. Cook for another 2 minutes.
- Garnish with chives and serve hot.

Nutrition Facts

 **PROTEIN 10.5%**  **FAT 65.99%**  **CARBS 23.51%**

Properties

Glycemic Index:21.13, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:11.574782582081%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 93.02kcal (4.65%), Fat: 7.29g (11.21%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.45g (1.61%), Cholesterol: 15.05mg (5.02%), Sodium: 59.29mg (2.58%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 2.61g (5.22%), Vitamin K: 101.81µg (96.96%), Vitamin C: 48.41mg (58.68%), Manganese: 0.27mg (13.6%), Vitamin A: 619.34IU (12.39%), Fiber: 2.55g (10.19%), Vitamin E: 1.4mg (9.33%), Folate: 36.47µg (9.12%), Potassium: 246.49mg (7.04%), Vitamin B6: 0.13mg (6.46%), Vitamin B1: 0.09mg (5.7%), Phosphorus: 55.04mg (5.5%), Magnesium: 21.33mg (5.33%), Vitamin B2: 0.09mg (5.13%), Iron: 0.92mg (5.1%), Copper: 0.07mg (3.58%), Calcium: 34.07mg (3.41%), Vitamin B3: 0.54mg (2.68%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.1µg (1.58%)