



Brown Butter Sautéed Brussels Sprouts

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts cored
- 3 tablespoons butter
- 1 tablespoon caraway seeds
- 0.5 juice of lemon juiced
- 1 pinch cracked pepper black
- 1 pinch salt
- 1 gallon water salted boiling

Equipment

frying pan

pot

Directions

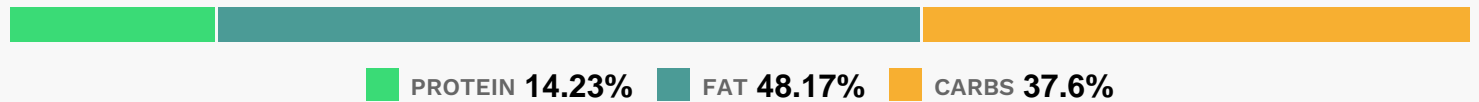
In a large pot, bring salted water to a boil.

Add the Brussels sprouts and blanch, about 1 minute until bright green.

In a saute pan, add butter, caraway seeds and cracked black pepper. Melt butter until browned.

Drain the Brussels sprout leaves and toss into butter mixture to coat. Season with salt and lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.81, Inflammation Score:-9, Nutrition Score:20.897391270036%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 5.65mg, Naringenin: 5.65mg, Naringenin: 5.65mg, Naringenin: 5.65mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 154.31kcal (7.72%), Fat: 9.25g (14.24%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 9.2g (3.35%), Sugar: 3.85g (4.28%), Cholesterol: 22.58mg (7.53%), Sodium: 167.34mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin K: 301.85µg (287.47%), Vitamin C: 146.35mg (177.39%), Vitamin A: 1550.73IU (31.01%), Manganese: 0.6mg (29.82%), Fiber: 7.05g (28.21%), Folate: 104.98µg (26.24%), Potassium: 688.66mg (19.68%), Vitamin B6: 0.38mg (19%), Vitamin B1: 0.24mg (16.24%), Iron: 2.63mg (14.62%), Copper: 0.29mg (14.25%), Magnesium: 52.93mg (13.23%), Phosphorus: 128.75mg (12.87%), Vitamin E: 1.78mg (11.89%), Calcium: 113.03mg (11.3%), Vitamin B2: 0.16mg (9.59%), Vitamin B3: 1.33mg (6.65%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.54mg (5.42%), Selenium: 3.01µg (4.3%)