



## Brussels Sprout Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

### Ingredients

- 1 pounds brussels sprouts cleaned trimmed
- 1 tablespoon flour all-purpose
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 clove garlic minced peeled
- 1 cup heavy cream
- 6 servings kosher salt and freshly cracked pepper black
- 1 tablespoons olive oil extra-virgin
- 0.5 cup panko breadcrumbs
- 0.3 cup parmesan grated

- 0.8 cups sharp cheddar grated
- 1 teaspoon picked thyme leaves fresh

## Equipment

- bowl
- oven
- knife
- baking pan
- mandoline

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Shave the brussels sprouts horizontally into 1/8-inch slices with a sharp knife or mandoline.
- Add to a bowl.
- Add the Cheddar, flour, thyme, garlic and some salt and pepper to the bowl. Toss to combine.
- Add the mixture to an 8- by 8-inch baking dish, packing it in.
- Pour over the heavy cream.
- In a small bowl, combine the panko, Parmesan and oil and pour over the brussels sprouts mixture.
- Bake uncovered until the brussels sprouts are tender, the sauce is bubbling and the top is golden, 25 to 30 minutes.
- Garnish with the parsley and serve.

## Nutrition Facts

PROTEIN 12.54%  FAT 69.7%  CARBS 17.76%

## Properties

Glycemic Index:44.67, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:17.806956187538%

## Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## **Nutrients (% of daily need)**

Calories: 287.59kcal (14.38%), Fat: 23.05g (35.46%), Saturated Fat: 12.95g (80.96%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10g (3.64%), Sugar: 3.23g (3.58%), Cholesterol: 61.78mg (20.59%), Sodium: 419.69mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Vitamin K: 148.17µg (141.11%), Vitamin C: 66.07mg (80.09%), Vitamin A: 1399.23IU (27.98%), Calcium: 219.78mg (21.98%), Phosphorus: 179.88mg (17.99%), Manganese: 0.33mg (16.38%), Folate: 59.78µg (14.94%), Vitamin B2: 0.25mg (14.58%), Selenium: 9.09µg (12.99%), Fiber: 3.21g (12.84%), Vitamin B1: 0.18mg (11.91%), Potassium: 365.4mg (10.44%), Vitamin B6: 0.21mg (10.38%), Vitamin E: 1.49mg (9.94%), Iron: 1.58mg (8.76%), Zinc: 1.15mg (7.64%), Magnesium: 29.23mg (7.31%), Vitamin B3: 1.03mg (5.16%), Vitamin D: 0.74µg (4.93%), Vitamin B12: 0.28µg (4.68%), Vitamin B5: 0.45mg (4.52%), Copper: 0.08mg (4.12%)