



Brussels Sprout Gratin

READY IN



60 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- 2 pints brussels sprouts trimmed
- 3 tablespoons butter
- 1 cup gruyere cheese grated
- 8 servings kosher salt and freshly cracked pepper black
- 2 cups milk at room temperature
- 3 tablespoons unbleached flour all-purpose

Equipment

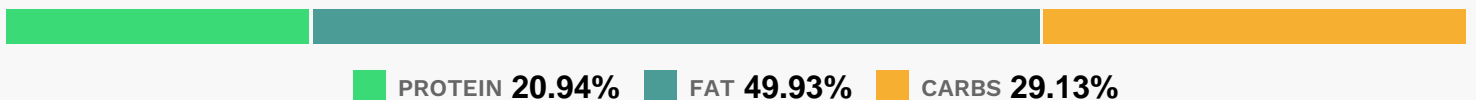
- bowl

- sauce pan
- oven
- whisk
- pot
- baking pan
- slotted spoon

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Bring a large pot of salted water to a boil over medium heat.
- Add the Brussels sprouts and cook for 5 to 7 minutes, until bright green and beginning to soften.
- Remove the sprouts with a slotted spoon and drop into a bowl of ice water to stop the cooking process.
- Make the sauce by melting the butter and flour together in a saucepan over medium heat. Cook, stirring, until smooth and bubbling, about 1 minute; slowly whisk in milk and continue to cook, whisking frequently, until thick and creamy, 2 to 3 minutes. Season the sauce well with salt and heavily with pepper.
- Halve the Brussels sprouts through the core and put them in an even layer in a 2 quart baking dish.
- Pour the sauce over the sprouts and sprinkle the cheese evenly over the top.
- Bake in the center of the oven for 10 to 15 minutes until the top is golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:4.59, Inflammation Score:-8, Nutrition Score:20.902608809264%

Flavonoids

Naringenin: 3.89mg, Naringenin: 3.89mg, Naringenin: 3.89mg, Naringenin: 3.89mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 203.49kcal (10.17%), Fat: 11.92g (18.34%), Saturated Fat: 7.03g (43.93%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 11.07g (4.03%), Sugar: 5.61g (6.23%), Cholesterol: 36.76mg (12.25%), Sodium: 398.17mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin K: 210.38µg (200.37%), Vitamin C: 100.55mg (121.88%), Calcium: 293.17mg (29.32%), Vitamin A: 1278.37IU (25.57%), Phosphorus: 247.36mg (24.74%), Manganese: 0.42mg (21.18%), Folate: 79.11µg (19.78%), Fiber: 4.57g (18.28%), Potassium: 569.34mg (16.27%), Vitamin B6: 0.31mg (15.55%), Vitamin B1: 0.23mg (15.39%), Vitamin B2: 0.25mg (14.84%), Magnesium: 41.2mg (10.3%), Iron: 1.82mg (10.1%), Vitamin B12: 0.6µg (10.04%), Zinc: 1.42mg (9.44%), Selenium: 6.45µg (9.22%), Vitamin E: 1.24mg (8.27%), Vitamin B5: 0.7mg (7.04%), Vitamin B3: 1.13mg (5.66%), Vitamin D: 0.77µg (5.13%), Copper: 0.09mg (4.64%)