



WHATSheATE



Brussels Sprout Hash with Caramelized Shallots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1.5 pounds brussels sprouts trimmed
- ☐ 6 tablespoons butter divided ()
- ☐ 10 servings kosher salt
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 pound shallots thinly sliced
- ☐ 4 teaspoons sugar

☐ 1 cup water

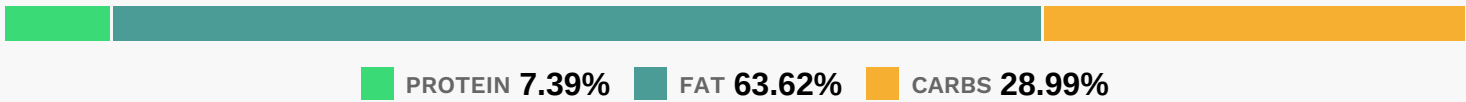
Equipment

☐ frying pan

Directions

- ☐ Melt 3 tablespoons butter in medium skillet over medium heat.
- ☐ Add shallots; sprinkle with coarse kosher salt and pepper. Sauté until soft and golden, about 10 minutes.
- ☐ Add vinegar and sugar. Stir until brown and glazed, about 3 minutes.
- ☐ Halve brussels sprouts lengthwise.
- ☐ Cut lengthwise into thin (1/8-inch) slices.
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add sprouts; sprinkle with salt and pepper. Sauté until brown at edges, 6 minutes.
- ☐ Add 1 cup water and 3 tablespoons butter. Sauté until most of water evaporates and sprouts are tender but still bright green, 3 minutes.
- ☐ Add shallots; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:3.18, Inflammation Score:-7, Nutrition Score:13.30956533616%

Flavonoids

Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 149.73kcal (7.49%), Fat: 11.24g (17.3%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 8.22g (2.99%), Sugar: 4.9g (5.44%), Cholesterol: 18.06mg (6.02%), Sodium: 268.97mg (11.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin K: 123.73µg (117.83%), Vitamin C:

59.65mg (72.3%), Manganese: 0.3mg (15.18%), Vitamin A: 723.84IU (14.48%), Fiber: 3.31g (13.24%), Folate: 49.47µg (12.37%), Vitamin B6: 0.23mg (11.38%), Potassium: 344.74mg (9.85%), Vitamin E: 1.41mg (9.38%), Vitamin B1: 0.11mg (7.24%), Iron: 1.26mg (6.99%), Phosphorus: 62.81mg (6.28%), Magnesium: 20.97mg (5.24%), Vitamin B2: 0.07mg (4.05%), Calcium: 40.08mg (4.01%), Copper: 0.07mg (3.59%), Vitamin B5: 0.29mg (2.85%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.39mg (2.59%), Selenium: 1.46µg (2.08%)