



Brussels Sprouts



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 lb brussels sprouts fresh
- ☐ 4 Tbsp butter
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 onion chopped
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup slivered almonds toasted

Equipment

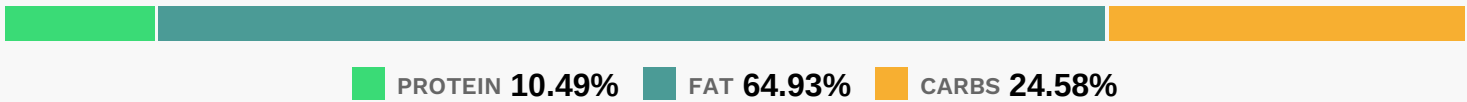
- ☐ bowl

☐ frying pan

Directions

- ☐ Remove any ragged or old-looking outer leaves on the brussels sprouts and discard. Parboil the brussels sprouts (or steam them) for 3 minutes or until just tender. They should be almost cooked all the way through (split one in half to test). Strain the hot water and place the sprouts in a bowl of ice water, this will keep their color bright green.
- ☐ Cut the sprouts into halves.²
- ☐ Heat 2–3 Tbsp of butter in a large sauté pan on medium heat.
- ☐ Add the onions and cook until translucent, about 4–5 minutes.
- ☐ Add 2–3 Tbsp more of butter and the brussels sprouts halves. Increase the heat to medium high and cook for several more minutes. Salt and pepper to taste, while the brussels sprouts are cooking. Do not overcook! Overcooked brussels sprouts are bitter and are the main reason why some people don't like them.³
- ☐ Remove the pan from the heat, stir in the lemon juice and half of the toasted almonds.
- ☐ Add salt and pepper to taste.
- ☐ Place in serving dish and garnish with the rest of the toasted almonds.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:14.488260778396%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 130.29kcal (6.51%), Fat: 10.16g (15.63%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.27g (2.53%), Cholesterol: 20.35mg (6.78%), Sodium: 273.98mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin K: 134.51µg (128.1%), Vitamin C: 65.26mg (79.1%), Manganese: 0.37mg (18.5%), Vitamin A: 806.86IU (16.14%), Fiber: 3.59g (14.37%), Vitamin E: 2.04mg (13.6%), Folate: 50.29µg (12.57%), Potassium: 343.62mg (9.82%), Vitamin B6: 0.18mg (9.17%), Vitamin B1: 0.12mg (7.95%), Phosphorus: 78.81mg (7.88%), Magnesium: 30.7mg (7.67%), Vitamin B2: 0.13mg (7.36%), Iron: 1.25mg (6.94%), Copper: 0.1mg (5.16%), Calcium: 48.41mg (4.84%), Vitamin B3: 0.74mg (3.71%), Zinc: 0.48mg (3.22%), Vitamin B5: 0.28mg (2.77%), Selenium: 1.54µg (2.19%)