



Brussels Sprouts and Chorizo

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

Ingredients

- 0.3 cup asian fish sauce
- 0.3 cup brown sugar
- 1.5 pound brussels sprouts peeled quartered
- 0.3 cup cilantro leaves fresh
- 1 juice of lime
- 0.3 cup tortilla chips crushed
- 3 tablespoon butter unsalted
- 2 tablespoon vegetable oil

0.5 tablespoon sambal oelek

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Equipment

bowl

frying pan

wok

Directions

In a wok or large skillet, heat 1 tablespoon of the oil and 1 table spoon of the butter. saute the sprouts in batches over medium-high heat until tender and caramelized. Cool and set aside. In a small pan, saute the chorizo until cooked through. Strain off the excess oil and cool. In a small bowl, pour the lime juice over the brown sugar and mix to dissolve.

Add the fish sauce and sambal.

Add 2 to 3 tablespoons of water as needed to balance. Prior to serving, heat the remaining tablespoon of oil in a large saute pan.

Add the chorizo and saute for 1 minute.

Add the Brussels sprouts and heat until warm.

Add half the lime-sugar mixture, adding more as needed to taste. To finish, stir in the remaining 2 tablespoons butter until melted. Divide among 6 bowls and garnish with cilantro leaves and tortilla chips.

Nutrition Facts

 **PROTEIN 8.84%**  **FAT 48.17%**  **CARBS 42.99%**

Properties

Glycemic Index:10.67, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:17.469130430533%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg,

Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 201.26kcal (10.06%), Fat: 11.55g (17.77%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 18.59g (6.76%), Sugar: 11.87g (13.19%), Cholesterol: 15.05mg (5.02%), Sodium: 806.64mg (35.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin K: 212.64µg (202.51%), Vitamin C: 98.12mg (118.93%), Vitamin A: 1078.74IU (21.57%), Manganese: 0.41mg (20.73%), Folate: 75.89µg (18.97%), Fiber: 4.61g (18.43%), Vitamin B6: 0.3mg (15.1%), Potassium: 500.87mg (14.31%), Magnesium: 48.56mg (12.14%), Vitamin E: 1.73mg (11.52%), Vitamin B1: 0.17mg (11.17%), Iron: 1.82mg (10.11%), Phosphorus: 92.77mg (9.28%), Vitamin B2: 0.12mg (6.77%), Calcium: 67.3mg (6.73%), Vitamin B3: 1.14mg (5.68%), Copper: 0.1mg (4.86%), Vitamin B5: 0.45mg (4.48%), Selenium: 3.1µg (4.42%), Zinc: 0.58mg (3.85%)