



Brussels Sprouts and Rice Gratin

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups brussels sprouts cooked quartered
- ☐ 1 tablespoon butter
- ☐ 2.5 cups rice long-grain cooked
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 1 ounce flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 cup onion chopped

- ☐ 0.5 cup parmesan cheese fresh grated
- ☐ 2 tablespoons pecans chopped
- ☐ 0.8 teaspoon salt

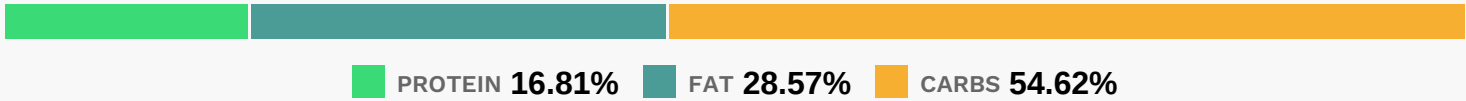
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic to pan; cook 4 minutes, stirring occasionally. Stir in flour; cook 2 minutes, stirring frequently. Gradually add milk, stirring constantly with a whisk; cook 8 minutes or until mixture thickens, stirring occasionally.
- ☐ Add cream cheese, mustard, salt, and freshly ground black pepper; cook 1 minute or until cheese melts. Stir in rice and Brussels sprouts. Spoon rice mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle with Parmesan cheese and chopped pecans.
- ☐ Bake at 400 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:17.83, Inflammation Score:-5, Nutrition Score:10.74956525927%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 183kcal (9.15%), Fat: 5.86g (9.02%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 23.39g (8.51%), Sugar: 5.21g (5.79%), Cholesterol: 11.7mg (3.9%), Sodium: 385.78mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.53%), Vitamin K: 39.56µg (37.68%), Manganese: 0.5mg (25.1%), Vitamin C: 20.45mg (24.79%), Calcium: 191.35mg (19.14%), Phosphorus: 175.99mg (17.6%), Selenium: 9.17µg (13.1%), Vitamin B2: 0.18mg (10.54%), Vitamin B1: 0.14mg (9.58%), Vitamin B6: 0.19mg (9.28%), Vitamin B12: 0.53µg (8.8%), Vitamin A: 406.52IU (8.13%), Potassium: 276.23mg (7.89%), Magnesium: 29.62mg (7.41%), Fiber: 1.82g (7.29%), Folate: 27.87µg (6.97%), Zinc: 1.02mg (6.79%), Vitamin B5: 0.63mg (6.3%), Vitamin D: 0.84µg (5.62%), Copper: 0.1mg (4.99%), Iron: 0.78mg (4.33%), Vitamin B3: 0.74mg (3.7%), Vitamin E: 0.33mg (2.21%)