



WHATSheATE



Brussels Sprouts Gratin



Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup breadcrumbs
- ☐ 1 pound brussels sprouts
- ☐ 0.5 cup heavy cream
- ☐ 6 servings kosher salt
- ☐ 6 servings pepper freshly ground
- ☐ 1 pinch pepper flakes red
- ☐ 2 tablespoons butter unsalted plus more for the dish cut into pieces,
- ☐ 0.5 cup cheddar cheese white grated

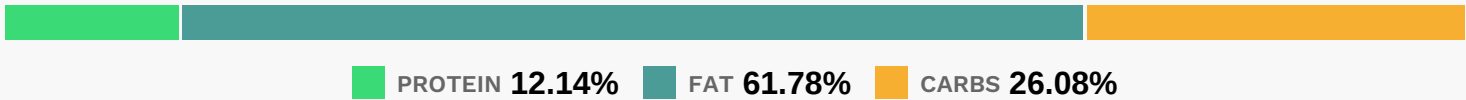
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F and butter a 2-quart baking dish. Bring a large pot of salted water to a boil.
- ☐ Add the Brussels sprouts and cook until tender, 8 to 10 minutes.
- ☐ Drain the Brussels sprouts and coarsely chop.
- ☐ Transfer to the prepared baking dish and toss with the red pepper flakes, and salt and pepper to taste, then spread out evenly.
- ☐ Pour the cream on top, sprinkle with the cheese and breadcrumbs and dot with the butter pieces.
- ☐ Bake the gratin until bubbly and golden brown, about 15 minutes.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:16.118695549343%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 207.67kcal (10.38%), Fat: 14.86g (22.86%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 10.8g (3.93%), Sugar: 2.84g (3.15%), Cholesterol: 41.86mg (13.95%), Sodium: 346.32mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Vitamin K: 135.77µg (129.31%), Vitamin

C: 64.38mg (78.03%), Vitamin A: 1078.03IU (21.56%), Manganese: 0.35mg (17.62%), Folate: 58.68µg (14.67%), Vitamin B1: 0.2mg (13.28%), Fiber: 3.31g (13.24%), Calcium: 129.63mg (12.96%), Phosphorus: 122.97mg (12.3%), Vitamin B2: 0.19mg (10.89%), Potassium: 340.63mg (9.73%), Selenium: 6.79µg (9.7%), Vitamin B6: 0.19mg (9.53%), Iron: 1.54mg (8.57%), Vitamin E: 1.04mg (6.94%), Magnesium: 25.48mg (6.37%), Vitamin B3: 1.18mg (5.91%), Zinc: 0.85mg (5.65%), Copper: 0.08mg (4.18%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.44µg (2.96%), Vitamin B12: 0.17µg (2.85%)