



Brussels Sprouts in Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound brussels sprouts trimmed
- ☐ 1 pinch cayenne
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup milk warmed
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cheddar shredded
- ☐ 2 tablespoons butter unsalted

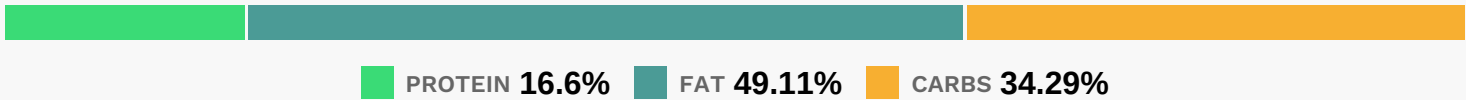
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Place Brussels sprouts in saucepan with enough water to cover.
- ☐ Add juice. Simmer, uncovered, 8 to 10 minutes, until tender.
- ☐ Drain.
- ☐ Meanwhile, melt butter in small saucepan. Stir in flour; cook 1 to 2 minutes. Gradually whisk in milk; cook, whisking, until sauce thickens, about 2 minutes. Stir in cheese, salt, pepper, nutmeg and cayenne.
- ☐ Transfer Brussels sprouts to a 1-quart casserole.
- ☐ Pour sauce over top.
- ☐ Bake in for 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:12.216086854105%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 89.95kcal (4.5%), Fat: 5.24g (8.05%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 5.98g (2.18%), Sugar: 2.8g (3.11%), Cholesterol: 14.72mg (4.91%), Sodium: 194.67mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin K: 100.9µg (96.09%), Vitamin C: 48.93mg (59.31%), Vitamin A: 605.49IU (12.11%), Manganese: 0.22mg (10.81%), Folate: 39.31µg (9.83%), Fiber: 2.24g (8.97%), Phosphorus: 89.38mg (8.94%), Calcium: 88.03mg (8.8%), Potassium: 275.14mg (7.86%), Vitamin B1: 0.11mg (7.51%), Vitamin B6: 0.15mg (7.38%), Vitamin B2: 0.12mg (7.04%), Iron: 0.9mg (4.99%), Magnesium: 18.49mg (4.62%), Selenium: 3.16µg (4.52%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.21µg (3.47%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.32mg (3.19%), Vitamin B3: 0.57mg (2.86%), Vitamin D: 0.41µg (2.73%), Copper: 0.05mg (2.32%)