



Brussels Sprouts In Honey Butter With Chili Flakes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- 1 pound brussels sprouts
- 1 tablespoon butter
- 1 tablespoon honey
- 6 servings sea salt
- 6 servings pepper red

Equipment

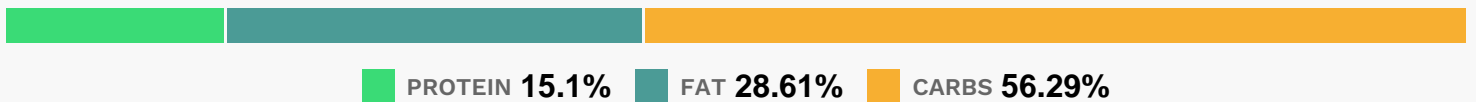
- bowl

- frying pan
- microwave

Directions

- Trim any loose or yellow leaves from the sprouts.
- Cut the stem off of each brussels sprout and then cut each one in half.
- In a small bowl, mix a tablespoon of soft butter (microwave it for 10–20 seconds if its coming straight from the refrigerator) with a tablespoon of honey.
- Heat a wide, flat skillet on medium heat.
- Add the honey butter and allow to bubble and melt then add the brussels sprouts. Arrange the brussels sprouts cut side down in a single layer. Cook for about 8–10 minutes uncovered until the cut side gets golden and a little charred.
- Sprinkle chili flakes and a generous amount of salt over the brussels sprouts.
- Stir the brussels sprouts around so most of them turn over cut side up.
- Add two tablespoons of water and cook covered for another 3–5 minutes until the brussels sprouts are soft through and through. Test one by poking it with a fork.
- Adjust for salt and spice.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:14.076086956522%

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

Taste

Sweetness: 33.62%, Saltiness: 100%, Sourness: 35.43%, Bitterness: 55.27%, Savoriness: 57.67%, Fattiness: 50.61%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 65.52kcal (3.28%), Fat: 2.4g (3.7%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.07g (2.57%), Sugar: 4.68g (5.2%), Cholesterol: 5.02mg (1.67%), Sodium: 260.63mg (11.33%), Protein: 2.85g (5.71%), Vitamin K: 136.09µg (129.61%), Vitamin C: 64.29mg (77.93%), Vitamin A: 1221.32IU (24.43%), Manganese: 0.29mg (14.6%), Fiber: 3.58g (14.3%), Folate: 46.82µg (11.7%), Vitamin B6: 0.21mg (10.42%), Vitamin E: 1.48mg (9.88%), Potassium: 335.5mg (9.59%), Iron: 1.42mg (7.9%), Vitamin B1: 0.11mg (7.35%), Phosphorus: 58.86mg (5.89%), Vitamin B2: 0.09mg (5.23%), Magnesium: 20.49mg (5.12%), Vitamin B3: 0.8mg (4%), Calcium: 39.24mg (3.92%), Copper: 0.07mg (3.72%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.67µg (2.38%)