



Brussels Sprouts Supreme



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds brussels sprouts halved
- ☐ 2 tablespoons butter divided
- ☐ 1 cup chicken broth
- ☐ 2 pasilla chiles stemmed seeded coarsely chopped
- ☐ 0.5 cup green onions thinly sliced (white and pale green parts only)
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup pinenuts
- ☐ 6 servings salt and pepper black freshly ground

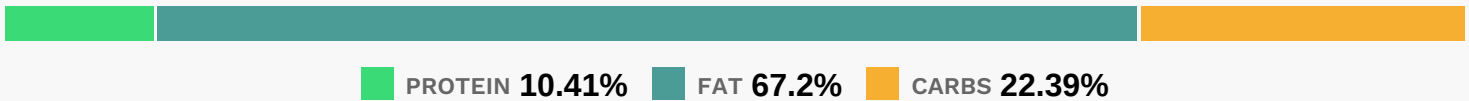
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt 1 tablespoon of the butter in a large heavy saucepan over medium-high heat.
- ☐ Add the Brussels sprouts and stir until coated with the butter, 1 minute.
- ☐ Add the broth, cover, and simmer until the Brussels sprouts are tender, about 7 minutes. Uncover and continue to simmer until all of the broth has evaporated, about 4 minutes.
- ☐ Transfer the Brussels sprouts to a medium bowl.
- ☐ Melt the remaining 1 tablespoon butter in the same pan.
- ☐ Add the green onions, chiles, and pine nuts.
- ☐ Saute until the nuts are toasted and the chiles are tender, about 2 minutes. Stir in the cream and bring to a boil. Reduce the heat, return the Brussels sprouts to the pan, and toss to coat them with the cream. Season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:22.534347972144%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 236.63kcal (11.83%), Fat: 19.15g (29.46%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 9.17g (3.33%), Sugar: 4.64g (5.15%), Cholesterol: 33.23mg (11.08%), Sodium: 211.95mg (9.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin K: 227.25µg (216.43%), Vitamin C: 119.72mg (145.11%), Manganese: 1.44mg (72.24%), Vitamin A: 1493.67IU (29.87%), Fiber: 5.19g (20.77%), Folate: 82.73µg (20.68%), Potassium: 607.92mg (17.37%), Vitamin B6: 0.35mg (17.36%), Vitamin E: 2.5mg (16.7%), Phosphorus: 166.81mg (16.68%), Magnesium: 61.48mg (15.37%), Vitamin B1: 0.23mg (15.1%), Iron: 2.55mg (14.14%), Copper: 0.26mg (13.18%), Vitamin B2: 0.21mg (12.31%), Zinc: 1.35mg (9.03%), Vitamin B3: 1.67mg (8.35%), Calcium: 73.75mg (7.37%), Vitamin B5: 0.48mg (4.83%), Selenium: 2.82µg (4.03%), Vitamin D: 0.32µg (2.12%)