



Brussels Sprouts with Apples

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice
- 2.3 pounds brussels sprouts fresh halved
- 0.3 cup butter divided
- 8 ounce water chestnuts drained sliced canned
- 1 garlic clove minced
- 0.5 cup golden raisins
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated

- 0.1 teaspoon nutmeg grated
- 1 medium onion diced
- 0.5 teaspoon pepper freshly ground
- 1 large delicious apple diced red
- 2 teaspoons salt divided
- 1 teaspoon sugar

Equipment

- frying pan
- sauce pan

Directions

- Bring brussels sprouts, lemon juice, 1 1/2 teaspoons salt, and water to cover to a boil in a saucepan. Cover, reduce heat, and simmer 5 to 10 minutes or until tender.
- Drain and keep warm.
- Melt 2 tablespoons butter in a large skillet over medium-high heat; add onion, and saut 15 to 20 minutes or until caramel-colored.
- Add apple juice, and cook 2 minutes, stirring to loosen browned particles.
- Add apple, garlic, and sugar; cook, stirring constantly, 5 to 6 minutes or until apple is tender.
- Add water chestnuts, next 4 ingredients, remaining 1/2 teaspoon salt, and remaining 2 tablespoons butter; cook, stirring constantly, 3 to 4 minutes. Gently toss in brussels sprouts.

Nutrition Facts



PROTEIN 10.58% **FAT 27.75%** **CARBS 61.67%**

Properties

Glycemic Index:48.81, Glycemic Load:8.04, Inflammation Score:-8, Nutrition Score:19.544782705605%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3-gallate:
0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate:
0.05mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg,
Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 4.27mg, Naringenin: 4.27mg, Naringenin:
4.27mg, Naringenin: 4.27mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin:
0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.47mg, Kaempferol:
1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 183.34kcal (9.17%), Fat: 6.27g (9.64%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 31.32g (10.44%), Net
Carbohydrates: 23.97g (8.72%), Sugar: 14.16g (15.74%), Cholesterol: 0mg (0%), Sodium: 685.97mg (29.82%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin K: 227.09µg (216.27%), Vitamin C:
114.62mg (138.93%), Fiber: 7.35g (29.4%), Manganese: 0.56mg (28.1%), Vitamin A: 1232.38IU (24.65%), Folate:
85.41µg (21.35%), Vitamin B6: 0.42mg (20.87%), Potassium: 686.73mg (19.62%), Iron: 2.44mg (13.55%), Vitamin B1:
0.2mg (13.26%), Phosphorus: 117.53mg (11.75%), Vitamin E: 1.64mg (10.93%), Magnesium: 38.94mg (9.74%), Vitamin
B2: 0.16mg (9.4%), Copper: 0.19mg (9.26%), Calcium: 70.33mg (7.03%), Vitamin B3: 1.27mg (6.37%), Vitamin B5:
0.53mg (5.26%), Zinc: 0.78mg (5.2%), Selenium: 2.57µg (3.67%)