



Brussels Sprouts with Caramelized Onions and Almonds



Vegetarian



Gluten Free

READY IN



29 min.

SERVINGS



12

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 2 pounds brussels sprouts trimmed sliced
- ☐ 2 tablespoons butter
- ☐ 2 garlic cloves minced
- ☐ 2 cups onion sliced
- ☐ 1 teaspoon salt

- ☐ 0.3 cup slivered almonds toasted
- ☐ 4 teaspoons sugar

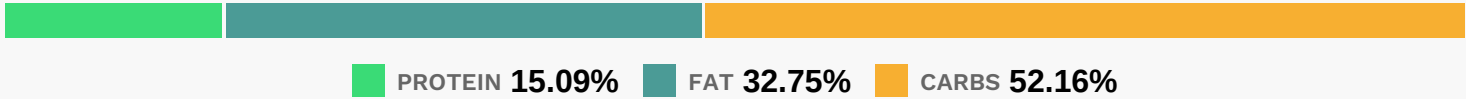
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large, deep nonstick skillet over medium heat.
- ☐ Add onion; cover and cook 3 minutes. Uncover and cook 10 minutes, stirring frequently.
- ☐ Add garlic; saut 1 minute.
- ☐ Add Brussels sprouts; cover and cook 5 minutes or until crisp–tender.
- ☐ Remove from heat.
- ☐ Combine vinegar and next 3 ingredients; add to Brussels sprouts mixture, tossing gently. Top with almonds.

Nutrition Facts



Properties

Glycemic Index:25.09, Glycemic Load:3.03, Inflammation Score:-7, Nutrition Score:14.07869573553%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 81.37kcal (4.07%), Fat: 3.28g (5.04%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 8.11g (2.95%), Sugar: 4.63g (5.14%), Cholesterol: 5.02mg (1.67%), Sodium: 229.51mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin K: 134.22µg (127.83%), Vitamin C: 66.39mg (80.47%), Manganese: 0.36mg (18.18%), Fiber: 3.64g (14.56%), Folate: 52.27µg (13.07%), Vitamin A: 629.38IU (12.59%), Vitamin B6: 0.21mg (10.36%), Potassium: 356.23mg (10.18%), Vitamin E: 1.3mg (8.68%), Vitamin B1: 0.12mg (8.21%), Phosphorus: 72.68mg (7.27%), Iron: 1.24mg (6.87%), Magnesium: 26.77mg (6.69%), Vitamin B2: 0.1mg (6.04%), Calcium: 46.62mg (4.66%), Copper: 0.09mg (4.5%), Vitamin B3: 0.68mg (3.41%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.28mg (2.84%), Selenium: 1.54µg (2.2%)