



## Brussels Sprouts with Cheese Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



162 kcal

SIDE DISH

### Ingredients

- 0.8 pound brussels sprouts fresh
- 2 teaspoons flour all-purpose
- 1.5 teaspoons butter reduced-calorie
- 1 Dash mustard dry
- 0.3 cup skim milk
- 0.8 ounce process swiss cheese low-fat cut into strips
- 0.8 cup water

### Equipment

sauce pan

knife

## Directions

Wash brussels sprouts thoroughly, and remove discolored leaves. Using a sharp knife, cut off stem ends, and cut a shallow X in bottom of each sprout. Bring water to a boil in a medium saucepan; add brussels sprouts. Cover, reduce heat, and simmer 12 minutes or until brussels sprouts are tender.

Drain and keep warm.

Melt margarine in a small heavy saucepan over low heat; add flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually add milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly.

Add cheese and mustard, stirring until cheese melts. Spoon sauce over warm brussels sprouts.

## Nutrition Facts



## Properties

Glycemic Index:83.63, Glycemic Load:4.45, Inflammation Score:-9, Nutrition Score:22.703478232674%

## Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

## Nutrients (% of daily need)

Calories: 162.12kcal (8.11%), Fat: 7.05g (10.85%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 12g (4.36%), Sugar: 5.33g (5.92%), Cholesterol: 10.81mg (3.6%), Sodium: 114.65mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Vitamin K: 301.25µg (286.91%), Vitamin C: 144.63mg (175.3%), Vitamin A: 1567.54IU (31.35%), Manganese: 0.6mg (30.03%), Folate: 109.84µg (27.46%), Fiber: 6.58g (26.31%), Phosphorus: 218.32mg (21.83%), Calcium: 211.9mg (21.19%), Potassium: 727.77mg (20.79%), Vitamin B6: 0.4mg (20.05%), Vitamin B1: 0.27mg (18.32%), Iron: 2.53mg (14.08%), Vitamin B2: 0.24mg (14%), Magnesium: 49.6mg (12.4%), Selenium: 8.25µg (11.79%), Vitamin E: 1.7mg (11.36%), Zinc: 1.37mg (9.13%), Vitamin B12: 0.5µg (8.37%), Vitamin B3: 1.45mg (7.26%), Copper: 0.14mg (7.25%), Vitamin B5: 0.7mg (6.96%), Vitamin D: 0.34µg (2.25%)