



Brussels Sprouts with Currants and Pine Nuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 pounds brussels sprouts trimmed
- 1 tablespoon butter
- 2 tablespoons currants dried
- 0.5 cup fat-skimmed beef broth fat-free
- 1 teaspoon thyme sprigs fresh chopped
- 1 tablespoon pinenuts
- 0.3 teaspoon salt

0.3 cup shallots finely chopped

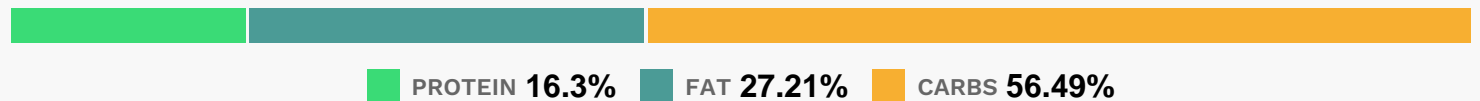
Equipment

frying pan

Directions

- Separate sprouts into leaves, leaving just the center intact. Set aside.
- Heat a large nonstick skillet over medium-high heat.
- Add nuts to pan; cook 2 minutes or until toasted, stirring constantly. Coarsely chop nuts.
- Melt butter in pan over medium-high heat.
- Add shallots to pan; saut 1 minute or until golden, stirring frequently. Stir in Brussels sprouts centers and leaves, currants, thyme, salt, and pepper; toss to combine.
- Add broth. Cover, reduce heat, and cook 7 minutes. Increase heat to medium-high. Uncover; cook 4 minutes or until liquid evaporates and sprout centers are tender, stirring frequently.
- Remove from heat; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:17.626521719539%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 99.61kcal (4.98%), Fat: 3.43g (5.28%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 11.06g (4.02%), Sugar: 6.48g (7.2%), Cholesterol: 5.02mg (1.67%), Sodium: 221.03mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin K: 202.16µg (192.53%), Vitamin C: 97.96mg (118.74%), Manganese: 0.6mg (29.99%), Fiber: 4.97g (19.9%), Vitamin A: 934.15IU (18.68%), Folate: 74.01µg (18.5%), Potassium: 532.24mg (15.21%), Vitamin B6: 0.3mg (15.14%), Vitamin B1: 0.18mg (11.95%), Iron: 1.99mg

(11.03%), Phosphorus: 101.82mg (10.18%), Magnesium: 35.05mg (8.76%), Vitamin E: 1.22mg (8.12%), Vitamin B2: 0.12mg (7.14%), Copper: 0.13mg (6.58%), Calcium: 59.04mg (5.9%), Vitamin B3: 1.13mg (5.66%), Zinc: 0.65mg (4.37%), Vitamin B5: 0.41mg (4.14%), Selenium: 2.42µg (3.46%)