



Brussels Sprouts with Mushrooms

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 4 cups brussels sprouts trimmed halved
- ☐ 5 tablespoons butter
- ☐ 0.5 cup parsley fresh chopped
- ☐ 6 servings juice of lemon fresh
- ☐ 0.5 pound mushrooms whole
- ☐ 6 servings salt and pepper to taste

Equipment

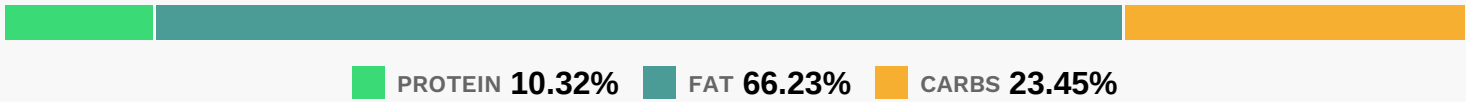
- ☐ frying pan

- ☐ pot
- ☐ colander

Directions

- ☐ Cook Brussels sprouts in a pot of lightly salted boiling water for 15 minutes, or until fork-tender; strain through a colander, removing as much water as possible. Set aside.
- ☐ Melt butter in a large skillet over medium high heat. Cook and stir mushrooms until lightly browned. Toss Brussels sprouts with mushrooms, and sprinkle with parsley and lemon juice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:14.929565297521%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 122.29kcal (6.11%), Fat: 9.84g (15.14%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.02g (1.83%), Sugar: 2.47g (2.74%), Cholesterol: 25.08mg (8.36%), Sodium: 288.31mg (12.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 186.66µg (177.77%), Vitamin C: 63.12mg (76.5%), Vitamin A: 1156IU (23.12%), Folate: 53.16µg (13.29%), Vitamin B2: 0.22mg (12.7%), Manganese: 0.23mg (11.29%), Fiber: 2.82g (11.27%), Potassium: 394.41mg (11.27%), Vitamin B3: 1.89mg (9.43%), Vitamin B6: 0.18mg (8.98%), Copper: 0.17mg (8.56%), Vitamin B1: 0.12mg (8.04%), Vitamin B5: 0.8mg (8%), Phosphorus: 79.89mg (7.99%), Iron: 1.34mg (7.42%), Selenium: 4.59µg (6.56%), Vitamin E: 0.85mg (5.67%), Magnesium: 20.53mg (5.13%), Calcium: 36.49mg (3.65%), Zinc: 0.51mg (3.43%)