



Brussels Sprouts with Pecans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts halved thinly sliced
- 2 teaspoons butter
- 0.5 cup fat-skimmed beef broth fat-free
- 4 garlic clove thinly sliced
- 1 cup onion chopped
- 8 teaspoons pecans toasted coarsely chopped
- 0.5 teaspoon salt
- 1.5 tablespoons sugar

Equipment

frying pan

Directions

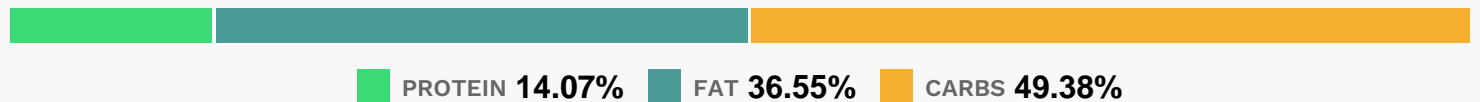
Melt butter in a large nonstick skillet over medium-high heat.

Add onion and garlic; saut 4 minutes or until lightly browned. Stir in Brussels sprouts; saut 2 minutes.

Add broth and sugar; cook 5 minutes or until liquid almost evaporates, stirring frequently. Stir in salt.

Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:3.54, Inflammation Score:-7, Nutrition Score:15.325652184694%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 92.64kcal (4.63%), Fat: 4.21g (6.47%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 8.81g (3.2%), Sugar: 5.16g (5.73%), Cholesterol: 2.69mg (0.9%), Sodium: 233.75mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin K: 150.87µg (143.68%), Vitamin C: 74.28mg (90.04%), Manganese: 0.52mg (25.98%), Fiber: 3.99g (15.95%), Folate: 56.78µg (14.2%), Vitamin A: 675.28IU (13.51%), Vitamin B6: 0.24mg (11.96%), Potassium: 387.09mg (11.06%), Vitamin B1: 0.16mg (10.52%),

Phosphorus: 79.72mg (7.97%), Iron: 1.38mg (7.68%), Magnesium: 26.95mg (6.74%), Copper: 0.12mg (6.14%),
Vitamin E: 0.84mg (5.59%), Vitamin B2: 0.09mg (5.45%), Calcium: 46.82mg (4.68%), Vitamin B3: 0.79mg (3.97%),
Zinc: 0.59mg (3.96%), Vitamin B5: 0.35mg (3.49%), Selenium: 2.16µg (3.09%)