



Brussels Sprouts with Toasted Almonds



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 1 lb old-looking outer leaves fresh trimmed
- ☐ 4 Tbsp butter
- ☐ 0.5 onion chopped
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup slivered almonds toasted

Equipment

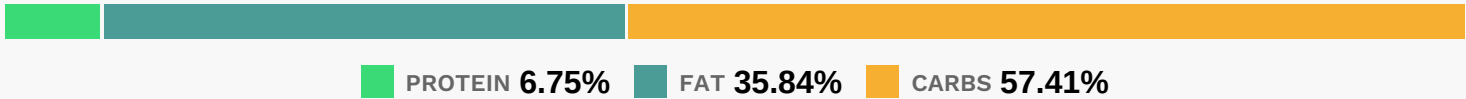
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Parboil the brussels sprouts: Bring 2 quarts of salted water (1 Tbsp of salt) to a rolling boil.
- ☐ Add the brussels sprouts and parboil them for 3 minutes or until just tender. (You could also steam them if you prefer.) They should be almost cooked all the way through (split one in half to test).
- ☐ Remove the sprouts with a slotted spoon to a bowl of ice water for a minute to shock the brussels sprouts and help them retain their bright green color.
- ☐ Remove them from the ice water and cut the sprouts into halves.
- ☐ Sauté onions, then brussels sprouts:
- ☐ Heat 2–3 Tbsp of butter in a large sauté pan on medium heat.
- ☐ Add the chopped onions and cook until translucent, about 4–5 minutes.
- ☐ Add 2–3 Tbsp more of butter and the brussels sprouts halves. Increase the heat to medium high and cook for several more minutes. Salt and pepper to taste, while the brussels sprouts are cooking.
- ☐ Do not overcook! Overcooked brussels sprouts are bitter and are the main reason why some people don't like them.
- ☐ Stir in lemon juice, add toasted almonds:
- ☐ Remove the pan from the heat, stir in the lemon juice and half of the toasted almonds.
- ☐ Add salt and pepper to taste.
- ☐ Place in serving dish and garnish with the rest of the toasted almonds.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:31.518261195525%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 334.4kcal (16.72%), Fat: 16.25g (25.01%), Saturated Fat: 6.76g (42.28%), Carbohydrates: 58.57g (19.52%), Net Carbohydrates: 37.96g (13.81%), Sugar: 0.61g (0.68%), Cholesterol: 20.35mg (6.78%), Sodium: 272.47mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Manganese: 6.29mg (314.47%), Iron: 32.7mg (181.65%), Vitamin A: 4912.63IU (98.25%), Fiber: 20.6g (82.41%), Vitamin B6: 1.33mg (66.66%), Calcium: 647.15mg (64.71%), Vitamin C: 36.15mg (43.82%), Folate: 140.25µg (35.06%), Magnesium: 104.03mg (26.01%), Vitamin B2: 0.38mg (22.08%), Zinc: 2.96mg (19.75%), Copper: 0.36mg (18.23%), Potassium: 449.46mg (12.84%), Phosphorus: 112.07mg (11.21%), Vitamin E: 1.37mg (9.16%), Vitamin B3: 1.69mg (8.47%), Selenium: 2.44µg (3.49%), Vitamin B1: 0.02mg (1.39%)