



WHATSheATE



Brussels Sprouts with White Beans and Pecorino

 Gluten Free

READY IN



1500 min.

SERVINGS



12

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts trimmed cut in half lengthwise
- ☐ 2 tablespoons butter ()
- ☐ 15 ounce cannellini white drained canned (kidney beans)
- ☐ 6 garlic clove chopped
- ☐ 1 cup chicken broth
- ☐ 8 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 ounces pecorino cheese grated (such as a young Pecorino Toscano)

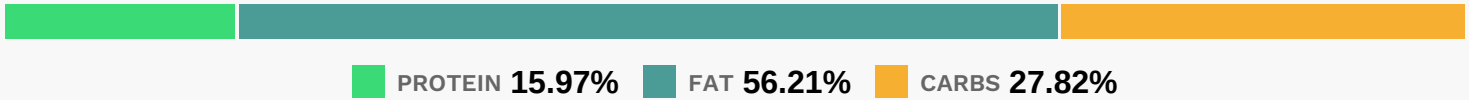
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 3 tablespoons oil in heavy large skillet over high heat. When just about to smoke, add half of brussels sprouts. Cook until brown, stirring occasionally, about 5 minutes.
- ☐ Transfer to large bowl.
- ☐ Heat 3 tablespoons oil in same skillet.
- ☐ Add remaining brussels sprouts, reduce heat to medium-high, and cook until brown, stirring occasionally, about 5 minutes.
- ☐ Transfer brussels sprouts to same bowl.
- ☐ Add remaining 2 tablespoons oil to skillet; increase heat to high.
- ☐ Add garlic; sauté until brown, stirring constantly, about 1 minute.
- ☐ Add broth and brussels sprouts. Cook until brussels sprouts are crisp-tender, stirring frequently, about 3 minutes.
- ☐ Add beans and butter; stir until butter melts and broth is reduced to glaze, about 1 minute. Season with salt and pepper. Stir in cheese.
- ☐ Per serving: 317 calories, 21g fat (6g saturated), 19mg cholesterol, 285mg sodium, 23g carbohydrate, 7g fiber, 13g protein See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:17.365652180236%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 218.7kcal (10.94%), Fat: 14.3g (22%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 10.75g (3.91%), Sugar: 1.89g (2.1%), Cholesterol: 14.84mg (4.95%), Sodium: 154mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Vitamin K: 142.8µg (136%), Vitamin C: 65.15mg (78.97%), Folate: 92.96µg (23.24%), Manganese: 0.43mg (21.71%), Fiber: 5.17g (20.69%), Phosphorus: 181.64mg (18.16%), Calcium: 148.86mg (14.89%), Vitamin E: 2.1mg (13.98%), Potassium: 469.31mg (13.41%), Vitamin A: 667.68IU (13.35%), Vitamin B6: 0.24mg (11.84%), Iron: 2.04mg (11.32%), Vitamin B1: 0.17mg (11.23%), Magnesium: 36.76mg (9.19%), Vitamin B2: 0.13mg (7.76%), Copper: 0.15mg (7.34%), Zinc: 0.95mg (6.37%), Vitamin B3: 1.06mg (5.28%), Selenium: 3.21µg (4.58%), Vitamin B5: 0.36mg (3.63%), Vitamin B12: 0.13µg (2.16%)