



WHATSheATE



Buttered Brussels Sprouts



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients



2 pound brussels sprouts trimmed



3 tablespoons butter unsalted softened

Equipment



pot

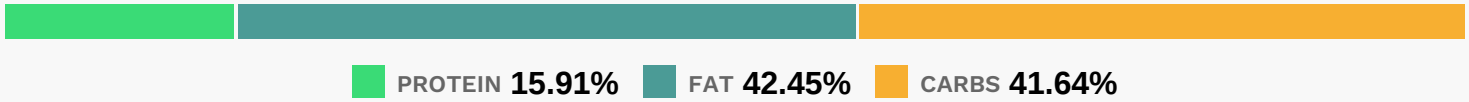


colander

Directions

- ☐
- Cook Brussels sprouts in a large pot of boiling salted water until just tender, 8 to 10 minutes.
- ☐
- Drain in a colander and toss with butter and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:16.050000000259%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg 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: 86.4kcal (4.32%), Fat: 4.6g (7.07%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 5.84g (2.12%), Sugar: 2.5g (2.78%), Cholesterol: 11.29mg (3.76%), Sodium: 28.93mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin K: 201.08µg (191.51%), Vitamin C: 96.39mg (116.83%), Vitamin A: 986.22IU (19.72%), Manganese: 0.38mg (19.12%), Folate: 69.33µg (17.33%), Fiber: 4.31g (17.24%), Potassium: 442.38mg (12.64%), Vitamin B6: 0.25mg (12.42%), Vitamin B1: 0.16mg (10.53%), Iron: 1.59mg (8.83%), Phosphorus: 79.5mg (7.95%), Vitamin E: 1.12mg (7.46%), Magnesium: 26.19mg (6.55%), Vitamin B2: 0.1mg (6.11%), Calcium: 48.89mg (4.89%), Vitamin B3: 0.85mg (4.24%), Copper: 0.08mg (4.01%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.48mg (3.21%), Selenium: 1.87µg (2.67%)