



WHATSheATE



Buttery sage & onion sprouts



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 85 g butter
- ☐ 3 onions cut into thickish slices
- ☐ 8 sage leaves chopped
- ☐ 350 g brussels sprout
- ☐ 200 g pea frozen

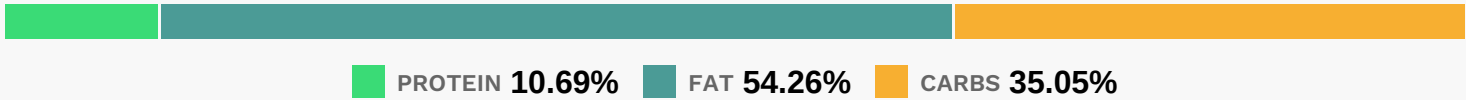
Equipment

- ☐ frying pan

Directions

- ☐ Heat half the butter in a large frying pan and soften the onions over a low heat for about 15 mins until really soft but dont let it brown.
- ☐ Add most of the sage. Meanwhile, cook the sprouts in a pan of boiling water for about 4 mins, add the peas and cook for 1 min more until just tender.
- ☐ Drain, reserving a splash of the water, then add the sprouts and peas to the onions, along with the rest of the butter, stirring well so that all the veg gets coated in the butter.
- ☐ Add the reserved cooking water if it looks a bit dry.
- ☐ Season with lots of black pepper and some salt.
- ☐ Serve with the reserved sage on top.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:3.04, Inflammation Score:-7, Nutrition Score:11.943043317484%

Flavonoids

Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 140.55kcal (7.03%), Fat: 8.92g (13.73%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 8.98g (3.27%), Sugar: 3.54g (3.94%), Cholesterol: 22.84mg (7.61%), Sodium: 81.91mg (3.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Vitamin K: 78.77µg (75.02%), Vitamin C: 40.34mg (48.9%), Folate: 86.84µg (21.71%), Manganese: 0.32mg (16.17%), Fiber: 3.99g (15.97%), Vitamin A: 599.97IU (12%), Copper: 0.24mg (11.84%), Vitamin B1: 0.13mg (8.73%), Potassium: 302.64mg (8.65%), Vitamin B6: 0.17mg (8.53%), Phosphorus: 83.71mg (8.37%), Iron: 1.33mg (7.41%), Magnesium: 27.72mg (6.93%), Vitamin E: 0.71mg (4.73%), Vitamin B2: 0.07mg (4%), Zinc: 0.59mg (3.91%), Calcium: 36.68mg (3.67%), Vitamin B5: 0.3mg (3%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.64µg (2.34%)