



Caramelized Brussels Sprouts with Pistachios

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

277 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds brussels sprouts
- ☐ 0.5 cup pistachios coarsely chopped
- ☐ 4 small onions red cut into strips
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup butter unsalted
- ☐ 2 tablespoons sugar white

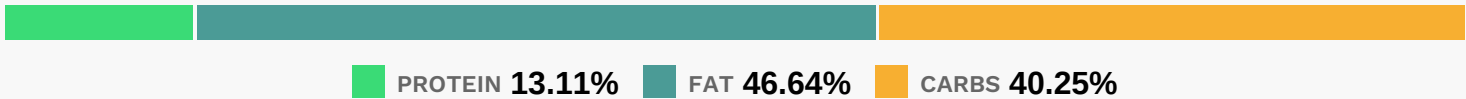
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Place Brussels sprouts in a steamer basket over boiling water. Cover saucepan and steam 8–10 minutes or until Brussels sprouts are tender yet crisp.
- ☐ Melt the butter in a deep skillet, add the onions and 3 tablespoons vinegar; cook until onions brown.
- ☐ Add the Brussels sprouts, sugar and remaining vinegar.
- ☐ Saute over medium heat until the Brussels sprouts are lightly caramelized.
- ☐ Season with salt and pepper to taste and garnish with pistachios.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:7.2, Inflammation Score:-10, Nutrition Score:26.501739202634%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg

Nutrients (% of daily need)

Calories: 277.42kcal (13.87%), Fat: 15.74g (24.22%), Saturated Fat: 7.88g (49.24%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 20.22g (7.35%), Sugar: 10.91g (12.13%), Cholesterol: 30.5mg (10.17%), Sodium: 254.95mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Vitamin K: 402.64µg (383.47%),

Vitamin C: 197.31mg (239.17%), Manganese: 0.93mg (46.61%), Vitamin A: 2097.59IU (41.95%), Fiber: 10.35g (41.38%), Folate: 153.14µg (38.29%), Vitamin B6: 0.69mg (34.69%), Potassium: 1047.75mg (29.94%), Vitamin B1: 0.41mg (27.21%), Phosphorus: 214.11mg (21.41%), Iron: 3.63mg (20.18%), Magnesium: 67.55mg (16.89%), Vitamin E: 2.51mg (16.75%), Copper: 0.28mg (14.18%), Vitamin B2: 0.24mg (13.92%), Calcium: 119.98mg (12%), Vitamin B3: 1.86mg (9.3%), Vitamin B5: 0.82mg (8.24%), Zinc: 1.23mg (8.21%), Selenium: 4.6µg (6.57%), Vitamin D: 0.21µg (1.42%)