



Caramelized Brussels Sprouts with Pistachios



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds brussels sprouts
- ☐ 0.5 cup lightly pistachios salted coarsely chopped
- ☐ 4 small onions red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 10 servings salt and pepper freshly ground
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted

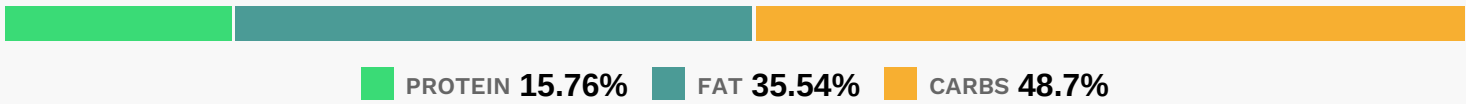
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt the butter in a large deep skillet.
- ☐ Add the onions and 3 tablespoons of the vinegar and cook over moderate heat until they begin to brown, 5 to 6 minutes.
- ☐ Meanwhile, steam the brussels sprouts until crisp-tender, 4 to 5 minutes.
- ☐ Add the brussels sprouts to the onions. Stir in the sugar and the remaining 3 tablespoons of vinegar and cook over moderately high heat, tossing, until the brussels sprouts are tender and lightly caramelized, 8 to 10 minutes. Season with salt and pepper.
- ☐ Transfer to a bowl, garnish with the pistachios and serve.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:5.76, Inflammation Score:-9, Nutrition Score:22.710869445749%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 5.97mg, Naringenin: 5.97mg, Naringenin: 5.97mg, Naringenin: 5.97mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 180.71kcal (9.04%), Fat: 7.93g (12.2%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 16.17g (5.88%), Sugar: 8.73g (9.7%), Cholesterol: 12.04mg (4.01%), Sodium: 242.09mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.83%), Vitamin K: 321.71µg (306.39%), Vitamin C: 157.85mg (191.34%), Manganese: 0.75mg (37.28%), Fiber: 8.28g (33.1%), Vitamin A: 1534.38IU (30.69%), Folate: 122.34µg (30.59%), Vitamin B6: 0.55mg (27.74%), Potassium: 836.83mg (23.91%), Vitamin B1: 0.33mg (21.75%),

Phosphorus: 169.91mg (16.99%), Iron: 2.9mg (16.14%), Magnesium: 53.93mg (13.48%), Vitamin E: 1.88mg (12.51%),
Copper: 0.23mg (11.3%), Vitamin B2: 0.19mg (11.02%), Calcium: 94.63mg (9.46%), Vitamin B3: 1.49mg (7.43%), Zinc:
0.98mg (6.53%), Vitamin B5: 0.65mg (6.53%), Selenium: 3.62µg (5.18%)