



Caramelized Onion-and-Pecan Brussels Sprouts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts
- ☐ 0.3 cup butter
- ☐ 1 large onion
- ☐ 1 cup pecans
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

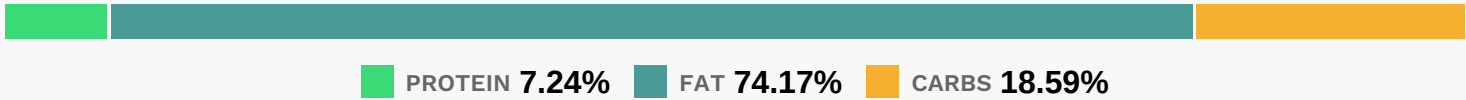
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Cut onion in half, and thinly slice.
- ☐ Cut brussels sprouts in half, and cut each half crosswise into thin slices.
- ☐ Place vegetables in separate plastic bags; seal and chill 8 hours.
- ☐ Melt butter in a large heavy skillet over medium-high heat; add pecans, and saut 5 minutes or until toasted.
- ☐ Remove pecans from skillet.
- ☐ Add onion, and cook, stirring often, 15 minutes or until caramel colored.
- ☐ Add pecans and brussels sprouts, and cook about 3 minutes or until heated.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:14.368695813353%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 177.35kcal (8.87%), Fat: 15.71g (24.17%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 5.05g (1.84%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 372.53mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 101.11µg (96.3%), Vitamin C: 49.75mg (60.3%), Manganese: 0.85mg (42.25%), Fiber: 3.81g (15.25%), Vitamin A: 689.94IU (13.8%), Vitamin B1: 0.18mg (11.88%), Copper: 0.21mg (10.62%), Folate: 41.24µg (10.31%), Potassium: 308.5mg (8.81%), Vitamin B6: 0.18mg (8.81%), Phosphorus: 84.13mg (8.41%), Magnesium: 31.84mg (7.96%), Iron: 1.19mg (6.62%), Vitamin E: 0.91mg (6.1%), Zinc: 0.89mg (5.93%), Vitamin B2: 0.08mg (4.51%), Calcium: 40.53mg (4.05%), Vitamin B5: 0.32mg (3.24%), Vitamin B3: 0.61mg (3.03%), Selenium: 1.53µg (2.18%)