



Carrots and Brussels Sprouts

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts halved lengthwise
- ☐ 1 pound carrots
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 tablespoons shallots chopped (from 1 medium)
- ☐ 3 tablespoons butter unsalted divided
- ☐ 0.3 cup water

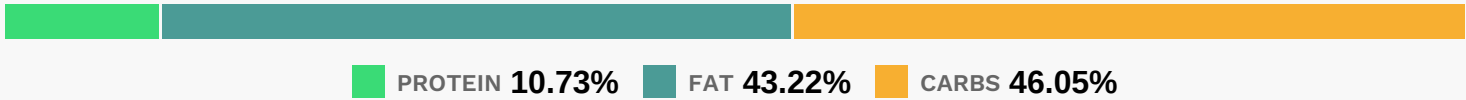
Equipment

- ☐ frying pan

Directions

- ☐ Cook shallot in 2 tablespoons butter in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until softened, 1 to 2 minutes.
- ☐ Add carrots, Brussels sprouts, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring occasionally, until vegetables begin to brown, 3 to 4 minutes.
- ☐ Add water and cover skillet, then cook over medium-high heat until vegetables are tender, 5 to 8 minutes. Stir in vinegar, remaining tablespoon butter, and salt and pepper to taste.
- ☐ Vegetables can be cut 1 hour ahead and kept at room temperature.
- ☐ See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:19.350869599244%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 116.62kcal (5.83%), Fat: 6.09g (9.37%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 9.5g (3.45%), Sugar: 5.52g (6.14%), Cholesterol: 15.05mg (5.02%), Sodium: 73.01mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin A: 13374.6IU (267.49%), Vitamin K: 144.31µg (137.43%), Vitamin C: 68.99mg (83.62%), Fiber: 5.1g (20.38%), Manganese: 0.38mg (18.96%), Potassium: 550.63mg (15.73%), Folate: 61.82µg (15.46%), Vitamin B6: 0.28mg (14.08%), Vitamin B1: 0.16mg (10.49%), Vitamin E: 1.33mg (8.85%), Phosphorus: 82.5mg (8.25%), Iron: 1.33mg (7.4%), Magnesium: 27.56mg (6.89%), Vitamin B2: 0.11mg (6.76%), Vitamin B3: 1.32mg (6.58%), Calcium: 60.18mg (6.02%), Copper: 0.09mg (4.66%), Vitamin B5: 0.46mg (4.57%), Zinc: 0.52mg (3.47%), Selenium: 1.4µg (2%)