



Creamy Cheesy Brussels Sprouts au Gratin

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2288 kcal

SIDE DISH

Ingredients

- 2 lb brussels sprouts trimmed halved
- 3 Tbsp butter
- 3 Tbsp flour
- 0.1 tsp ground nutmeg
- 3 cups milk
- 0.5 cup ritz crackers crushed finely (12 crackers)
- 2 cups cheddar cheese shredded kraft

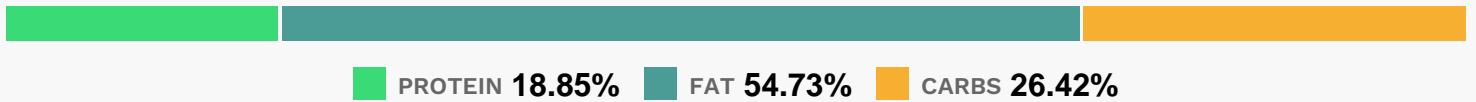
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350F. Cook Brussels sprouts in boiling salted water 6 min. or until tender. Meanwhile, melt butter in large saucepan on medium heat. Stir in flour with wire whisk. Gradually add milk, stirring until well blended after each addition. Bring to boil, stirring constantly. Reduce heat to low; simmer 3 to 5 min. or until thickened, stirring constantly.
- Remove from heat. Stir in cheese and nutmeg.
- Drain Brussels sprouts.
- Add to cheese sauce; mix lightly. Spoon into greased 13x9-inch baking dish; sprinkle with cracker crumbs.
- Bake 35 to 40 min. or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:292, Glycemic Load:41.92, Inflammation Score:-10, Nutrition Score:86.113913494608%

Flavonoids

Naringenin: 29.85mg, Naringenin: 29.85mg, Naringenin: 29.85mg, Naringenin: 29.85mg Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg Kaempferol: 7.8mg, Kaempferol: 7.8mg, Kaempferol: 7.8mg, Kaempferol: 7.8mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 2287.76kcal (114.39%), Fat: 144.82g (222.8%), Saturated Fat: 81.21g (507.55%), Carbohydrates: 157.28g (52.43%), Net Carbohydrates: 121.45g (44.16%), Sugar: 58.52g (65.02%), Cholesterol: 405.43mg (135.14%), Sodium: 2522.01mg (109.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 112.2g (224.4%), Vitamin K: 1631.39µg (1553.7%), Vitamin C: 771.12mg (934.69%), Calcium: 2939.5mg (293.95%), Phosphorus: 2517.37mg (251.74%), Vitamin A: 11355.39IU (227.11%), Vitamin B2: 3.03mg (178.15%), Manganese: 3.43mg (171.63%), Folate: 665.1µg (166.28%), Selenium: 101.82µg (145.46%), Fiber: 35.83g (143.31%), Potassium: 4871.93mg (139.2%), Vitamin B1:

2.05mg (136.58%), Vitamin B6: 2.62mg (130.94%), Vitamin B12: 6.42µg (107.01%), Zinc: 15.49mg (103.27%), Magnesium: 369.52mg (92.38%), Iron: 15.46mg (85.91%), Vitamin E: 12.09mg (80.62%), Vitamin B5: 6.72mg (67.23%), Vitamin D: 9.41µg (62.72%), Vitamin B3: 10.46mg (52.29%), Copper: 0.79mg (39.47%)