



Creamy Parmesan Brussels Sprouts

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 4 cups brussels sprouts sliced
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic minced
- ☐ 1 pinch ground nutmeg
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1.3 cups heavy cream
- ☐ 0.3 cup freshly parmesan cheese shredded

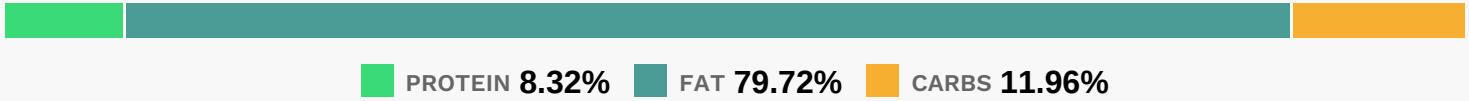
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Generously grease a 9x9-inch baking dish with butter.
- ☐ Spread the sliced Brussels sprouts out into the prepared baking dish in an even layer. In a bowl, whisk together the cream, Parmesan cheese, garlic, salt, and black pepper until thoroughly combined; pour the cream mixture over the Brussels sprouts.
- ☐ Sprinkle the top with nutmeg.
- ☐ Cover the dish with foil, and bake in the preheated oven for 1 hour; remove foil, and bake uncovered until the top has browned, 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:10.153043446334%

Flavonoids

Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 171.62kcal (8.58%), Fat: 15.83g (24.36%), Saturated Fat: 10.03g (62.67%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.12g (2.36%), Cholesterol: 47.91mg (15.97%), Sodium: 82.46mg (3.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin K: 79.42µg (75.63%), Vitamin C: 37.74mg (45.75%), Vitamin A: 947.26IU (18.95%), Manganese: 0.17mg (8.6%), Calcium: 81.8mg (8.18%), Phosphorus: 75.03mg (7.5%), Folate: 28.72µg (7.18%), Vitamin B2: 0.12mg (7.13%), Fiber: 1.73g (6.92%), Potassium: 213.05mg (6.09%),

Vitamin B6: 0.12mg (5.87%), Vitamin E: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.75%), Vitamin D: 0.61µg (4.07%), Iron: 0.7mg (3.88%), Selenium: 2.6µg (3.71%), Magnesium: 14.63mg (3.66%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.37mg (2.47%), Copper: 0.04mg (1.98%), Vitamin B3: 0.37mg (1.83%), Vitamin B12: 0.1µg (1.67%)