



Cumin-braised Brussels Sprouts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds brussels sprouts
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 12 servings salt and pepper

Equipment

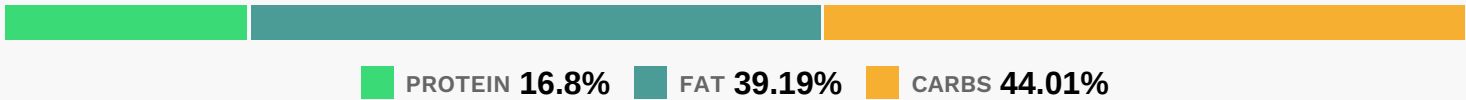
- ☐ bowl

☐ frying pan

Directions

- ☐ Trim and discard stem ends from brussels sprouts; rinse sprouts.
- ☐ Cut each in half, through stem end.
- ☐ Add olive oil, brussels sprouts, and cumin seeds to a 5- to 6-quart pan over high heat; stir often until sprouts are slightly browned, about 5 minutes.
- ☐ Add 1 cup water (and the basil if using dried); cover, reduce heat to medium-high, and cook, stirring occasionally, until sprouts are tender when pierced, 6 to 8 minutes. If liquid evaporates before sprouts are tender, add a little more water to prevent scorching.
- ☐ Uncover and add butter; stir often until butter is melted. Stir in fresh basil, if using, and salt and pepper to taste.
- ☐ Pour into a serving bowl.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:14.844782459023%

Flavonoids

Naringenin: 3.11mg, Naringenin: 3.11mg, Naringenin: 3.11mg, Naringenin: 3.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 68.46kcal (3.42%), Fat: 3.38g (5.21%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 4.93g (1.79%), Sugar: 2.09g (2.32%), Cholesterol: 5.02mg (1.67%), Sodium: 232.75mg (10.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin K: 170.9µg (162.77%), Vitamin C: 80.46mg (97.52%), Manganese: 0.33mg (16.61%), Vitamin A: 808.11IU (16.16%), Folate: 58.18µg (14.55%), Fiber: 3.62g (14.48%), Potassium: 373.16mg (10.66%), Vitamin B6: 0.21mg (10.44%), Vitamin B1: 0.13mg (8.85%), Iron: 1.46mg (8.13%), Vitamin E: 1.06mg (7.1%), Phosphorus: 66.97mg (6.7%), Magnesium: 22.82mg (5.71%), Vitamin B2: 0.09mg (5.11%), Calcium: 43.11mg (4.31%), Vitamin B3: 0.72mg (3.59%), Copper: 0.07mg (3.52%), Vitamin B5: 0.3mg (2.96%), Zinc: 0.41mg (2.75%), Selenium: 1.55µg (2.21%)