



WHATSheATE



Glazed Brussels Sprouts and Apples in Browned Butter and Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 1 apples cored peeled chopped
- ☐ 4 teaspoons apple cider
- ☐ 2 pieces bacon cut into lardons
- ☐ 1 pound brussels sprouts
- ☐ 4 ounces butter
- ☐ 0.1 teaspoon celery salt
- ☐ 2 ounces cup heavy whipping cream

☐ 0.5 teaspoon nutmeg fresh grated

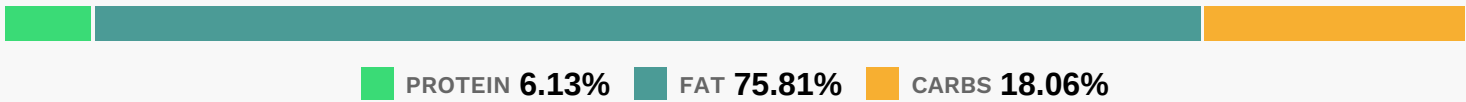
Equipment

☐ pot

Directions

- ☐ Wash, cut off the stems, and halve the brussels sprouts. Discard any discolored leaves. Steam brussels sprouts over salted water until tender.
- ☐ Drain and lightly sprinkle and toss with celery salt. Set aside.
- ☐ Fry the bacon lardons until crispy.
- ☐ Drain and set aside.
- ☐ Over low heat, melt butter in a heavy pot. Once the butter is completely melted, turn heat to medium high. It will quickly begin to foam. Keep the butter and foam moving around. As it browns, the foam will subside. I browned my butter
- ☐ With a large metal spoon, keep turning the brussels sprouts mixture in the cream/noisette sauce while the sauce thickens and the brussels sprouts mixture becomes glazed with the sauce (5 to 10 minutes). The apple pieces should be just
- ☐ Turn out in a serving dish or the individual plates and rub a pinch of nutmeg with your palms over the dish.

Nutrition Facts



Properties

Glycemic Index:56.19, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:18.725652342257%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.66mg, Epicatechin: 3.66mg, Epicatechin: 3.66mg, Epicatechin: 3.66mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.43mg,

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 373.36kcal (18.67%), Fat: 32.99g (50.75%), Saturated Fat: 19.44g (121.52%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 12.21g (4.44%), Sugar: 8.21g (9.12%), Cholesterol: 84.23mg (28.08%), Sodium: 360.65mg (15.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin K: 204.15µg (194.43%), Vitamin C: 98.62mg (119.54%), Vitamin A: 1800.79IU (36.02%), Fiber: 5.46g (21.85%), Manganese: 0.41mg (20.53%), Folate: 72.15µg (18.04%), Potassium: 537.79mg (15.37%), Vitamin B6: 0.3mg (15.17%), Vitamin B1: 0.2mg (13.46%), Vitamin E: 1.92mg (12.77%), Phosphorus: 115mg (11.5%), Iron: 1.72mg (9.56%), Vitamin B2: 0.16mg (9.42%), Magnesium: 31.95mg (7.99%), Calcium: 67.97mg (6.8%), Selenium: 4.74µg (6.78%), Vitamin B3: 1.36mg (6.78%), Vitamin B5: 0.51mg (5.09%), Copper: 0.1mg (5.05%), Zinc: 0.69mg (4.6%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.27µg (1.81%)