



Glazed Vegetables

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



206 kcal

SIDE DISH

Ingredients

- 16 ounce baby carrots
- 15 ounce baby corns whole drained canned
- 0.5 cup firmly brown sugar packed
- 1 pound brussels sprouts fresh
- 0.5 cup butter
- 1 large onion thinly sliced
- 0.5 teaspoon salt
- 2 teaspoons vinegar white

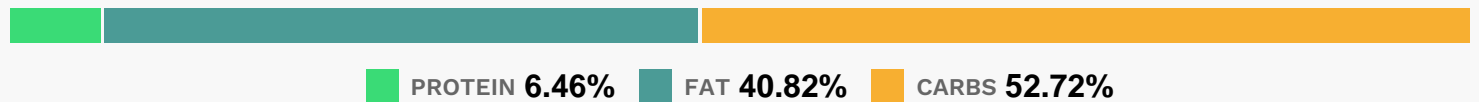
Equipment

- frying pan
- steamer basket

Directions

- Remove outer leaves from brussels sprouts. Trim stem ends, and cut a shallow X on bottoms.
- Steam brussels sprouts and carrots in a steamer basket over boiling water 8 to 10 minutes or until crisp-tender.
- Cook brown sugar and next 3 ingredients in a large nonstick skillet over medium-high heat, stirring occasionally, 5 minutes or until mixture begins to caramelize.
- Add onion; cook, uncovered, stirring occasionally, 10 to 12 minutes or until onion is glazed and tender.
- Add brussels sprouts, carrots, and baby corn; cook, stirring gently, 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:5.44, Inflammation Score:-10, Nutrition Score:16.30913022031%

Flavonoids

Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 205.79kcal (10.29%), Fat: 9.98g (15.36%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 24.7g (8.98%), Sugar: 16.39g (18.22%), Cholesterol: 0mg (0%), Sodium: 274.15mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin A: 7115.18IU (142.3%), Vitamin K: 84.78µg (80.74%), Vitamin C: 43.21mg (52.37%), Fiber: 4.31g (17.26%), Manganese: 0.32mg (15.98%), Folate: 52.77µg (13.19%), Potassium: 417.99mg (11.94%), Vitamin B6: 0.23mg (11.48%), Phosphorus: 84.18mg (8.42%), Vitamin B1: 0.12mg (8.28%), Iron: 1.34mg (7.45%), Magnesium: 28.87mg (7.22%), Vitamin B5: 0.7mg (7.01%), Vitamin B3: 1.34mg

(6.69%), Copper: 0.11mg (5.46%), Vitamin E: 0.79mg (5.28%), Vitamin B2: 0.09mg (5.27%), Calcium: 50.96mg (5.1%), Zinc: 0.56mg (3.74%), Selenium: 1.43µg (2.04%)