



Honey-Lemon Brussels Sprouts and Carrots



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 12 oz brussels sprouts (16 to 20)
- ☐ 12 oz baby carrots
- ☐ 1 cup water
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper

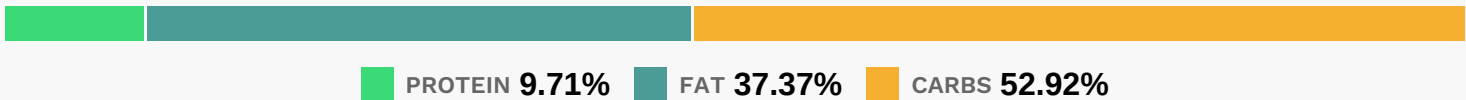
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Trim Brussels sprouts.
- ☐ Cut small "X" in stem end, about 1/4 inch deep. If Brussels sprouts are very large, cut in half. In 2-quart saucepan, place Brussels sprouts and carrots; add water.
- ☐ Heat to boiling over medium-high heat. Cover and boil 6 to 8 minutes or until tender.
- ☐ Drain and return to saucepan.
- ☐ Add remaining ingredients to vegetables; toss to coat. Spoon into serving bowl.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:13.421304383842%

Flavonoids

Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 66.51kcal (3.33%), Fat: 3g (4.62%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 6.68g (2.43%), Sugar: 5.13g (5.69%), Cholesterol: 0mg (0%), Sodium: 151.08mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin A: 6310.22IU (126.2%), Vitamin K: 79.32µg (75.54%), Vitamin C: 37.59mg (45.57%), Fiber: 2.89g (11.56%), Manganese: 0.21mg (10.69%), Folate: 37.55µg (9.39%), Potassium: 269.87mg (7.71%), Vitamin B6: 0.14mg (6.96%), Iron: 0.99mg (5.5%), Vitamin B1: 0.07mg (4.83%), Phosphorus: 42.24mg (4.22%), Copper: 0.08mg (3.93%), Magnesium: 14.58mg (3.64%), Calcium: 34.08mg (3.41%), Vitamin B2: 0.06mg (3.3%), Vitamin E: 0.48mg (3.22%), Vitamin B5: 0.31mg (3.08%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.26mg (1.74%), Selenium: 1.09µg (1.55%)