



# Kielbasa With Brussels Sprouts In Mustard Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds brussels sprouts
- 0.7 can kidney beans white
- 2 tablespoons coarse mustard
- 4 servings olive oil extra virgin freshly-ground
- 4 large cloves garlic
- 0.3 cup cup heavy whipping cream
- 1 pound kielbasa

- 1 medium shallots

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- aluminum foil
- toaster

## Directions

- Peel the shallot and cut into quarters. Make a small pouch out of aluminum foil (2 layers thick) and place inside the shallot and garlic. Coat with olive oil and a generous pinch of salt. Seal the pouch tightly and place in the oven (I recommend the toaster oven) at 400F for 30 minutes. Rinse and pick clean the Brussels sprouts.
- Cut each sprout in half, discarding any wilted outer leaves. Steam the Brussels sprouts until tender when pierced with a fork. Set aside. Rinse and drain the beans. Since, 1 can is a little too bean-heavy, save about 1/3 of the beans for something else. Slice the kielbasa on a steep bias into 1/4 slices.
- Heat 1 tsp. of olive oil in a large, heavy bottomed non-stick skillet over medium high heat. Arrange the kielbasa slices and fry until crispy on each side, about 3 minutes per side. Set aside on paper towels to drain.
- Add a generous tablespoon of good olive oil and keep the heat at medium high. Unwrap the garlic and shallot and smash them using the flat side of your knife. They should be very soft.
- Add them to the skillet and cook for about 1 minute.
- Add the mustard and cream to the skillet and stir to combine. Reduce the heat to medium low and add the brussels sprouts and beans (as many as you want to use). Toss everything together to coat, then season to taste with a generous amount of salt and black pepper. Plate the kielbasa on top of your brussels sprouts and beans in a large bowl to serve.

## Nutrition Facts



■ PROTEIN 15.11% ■ FAT 67.31% ■ CARBS 17.58%

## Properties

Glycemic Index:51, Glycemic Load:7.62, Inflammation Score:-9, Nutrition Score:33.706086956522%

## Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

## Taste

Sweetness: 18.63%, Saltiness: 100%, Sourness: 23.74%, Bitterness: 32.89%, Savoriness: 53.84%, Fattiness: 63.66%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 691.85kcal (34.59%), Fat: 52.99g (81.53%), Saturated Fat: 17.25g (107.82%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 20.08g (7.3%), Sugar: 6.2g (6.89%), Cholesterol: 96.19mg (32.06%), Sodium: 1317.23mg (57.27%), Protein: 26.77g (53.54%), Vitamin K: 313.28µg (298.37%), Vitamin C: 147.88mg (179.24%), Vitamin B1: 0.91mg (60.84%), Manganese: 0.95mg (47.42%), Fiber: 11.05g (44.2%), Selenium: 27.12µg (38.74%), Phosphorus: 376.69mg (37.67%), Vitamin B6: 0.72mg (35.88%), Potassium: 1185.16mg (33.86%), Folate: 128.99µg (32.25%), Vitamin A: 1507.04IU (30.14%), Iron: 5.3mg (29.43%), Vitamin B3: 5.63mg (28.15%), Vitamin E: 3.7mg (24.64%), Vitamin B2: 0.41mg (24.06%), Zinc: 3.51mg (23.43%), Magnesium: 84.35mg (21.09%), Vitamin B12: 1.14µg (18.92%), Copper: 0.35mg (17.69%), Calcium: 129.37mg (12.94%), Vitamin B5: 1.23mg (12.3%), Vitamin D: 0.24µg (1.59%)