



 **64%**  
HEALTH SCORE

## Lemon-Braised Brussels Sprouts

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**154 kcal**

SIDE DISH

### Ingredients

- 2 tablespoons brown sugar
- 1.5 pounds brussels sprouts fresh
- 2 tablespoons butter
- 0.5 cup juice of lemon fresh
- 2 teaspoons lemon zest
- 0.1 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 0.5 cup water

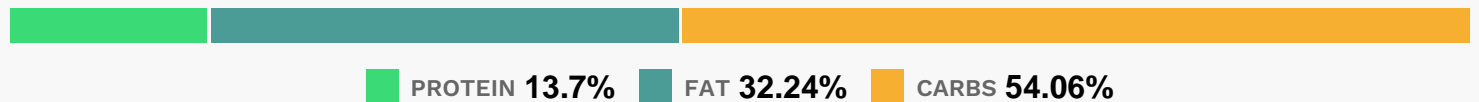
# Equipment

- frying pan

# Directions

- Wash brussels sprouts; remove discolored leaves. Trim ends, and cut sprouts in half lengthwise; set aside.
- Melt butter in a large skillet; add lemon juice, water, brown sugar, and salt. Bring to a boil.
- Add brussels sprouts; cover, reduce heat, and simmer 15 minutes or until sprouts are tender. Uncover, increase heat to high, and cook 4 minutes or until most of liquid evaporates.
- Remove from heat. Stir in lemon zest and freshly ground pepper.

# Nutrition Facts



# Properties

Glycemic Index:16, Glycemic Load:2.81, Inflammation Score:-9, Nutrition Score:20.201739025829%

# Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 6.02mg, Naringenin: 6.02mg, Naringenin: 6.02mg, Naringenin: 6.02mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

# Nutrients (% of daily need)

Calories: 153.61kcal (7.68%), Fat: 6.22g (9.57%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 16.8g (6.11%), Sugar: 10.37g (11.53%), Cholesterol: 0mg (0%), Sodium: 402.76mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin K: 301.17µg (286.83%), Vitamin C: 157.69mg (191.14%), Vitamin A: 1535.59IU (30.71%), Manganese: 0.59mg (29.47%), Folate: 110.13µg (27.53%), Fiber: 6.68g (26.71%), Potassium: 706.5mg (20.19%), Vitamin B6: 0.39mg (19.58%), Vitamin B1: 0.25mg (16.34%), Iron: 2.46mg (13.69%), Phosphorus: 121.88mg (12.19%), Vitamin E: 1.76mg (11.75%), Magnesium: 42.26mg (10.57%), Vitamin B2: 0.16mg (9.48%), Calcium: 83.03mg (8.3%), Copper: 0.13mg (6.67%), Vitamin B3: 1.31mg (6.54%), Vitamin B5: 0.58mg (5.83%), Zinc: 0.74mg (4.92%), Selenium: 2.83µg (4.05%)