



Maple and GREY POUPON-Glazed Brussels Sprouts

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black freshly ground
- 2 lb brussels sprouts trimmed
- 2 Tbsp butter
- 0.5 cup chicken broth
- 0.3 cup grey poupon harvest coarse ground mustard
- 0.3 cup maple syrup

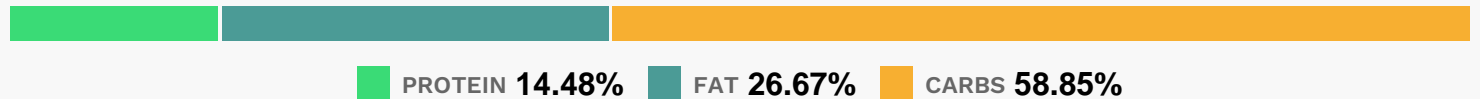
Equipment

frying pan

Directions

- Melt butter in large skillet on medium-high heat.
- Add Brussels sprouts; cook and stir 5 min. or until lightly browned.
- Stir in remaining ingredients. Bring to boil; cover. Simmer on medium-low heat 8 min. or until sprouts are tender and sauce is reduced to a thick glaze, removing lid after 5 min.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:17.61695646851%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 107.17kcal (5.36%), Fat: 3.52g (5.41%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 12.79g (4.65%), Sugar: 8.7g (9.67%), Cholesterol: 7.93mg (2.64%), Sodium: 192.18mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin K: 201.18µg (191.6%), Vitamin C: 96.42mg (116.87%), Manganese: 0.66mg (33.04%), Vitamin A: 949.9IU (19%), Fiber: 4.66g (18.64%), Folate: 69.83µg (17.46%), Vitamin B2: 0.25mg (14.41%), Potassium: 479.76mg (13.71%), Vitamin B6: 0.25mg (12.7%), Vitamin B1: 0.18mg (12.15%), Iron: 1.74mg (9.66%), Phosphorus: 88.19mg (8.82%), Magnesium: 32.25mg (8.06%), Vitamin E: 1.11mg (7.43%), Calcium: 65.21mg (6.52%), Selenium: 4.56µg (6.51%), Vitamin B3: 0.93mg (4.65%), Copper: 0.09mg (4.41%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.38mg (3.8%)