



Mom's Brussels Sprouts

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



7

CALORIES



325 kcal

SIDE DISH

Ingredients

- 3 tablespoons firmly brown sugar packed
- 20 ounce brussels sprouts frozen
- 0.3 cup butter
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon salt
- 8 ounces walnuts
- 1 cup water

Equipment

- bowl
- sauce pan
- microwave

Directions

- In a saucepan, bring the water to a boil and add the Brussels sprouts. Return to boil, reduce heat, cover, and simmer 5 to 7 minutes, until sprouts are tender.
- Drain.
- In a microwave safe bowl, mix the butter, walnuts, brown sugar, allspice, nutmeg, and salt. Cover, and cook on High 3 to 4 minutes, stirring occasionally, until the butter is melted and the walnuts are warm.
- Pour over the cooked Brussels sprouts to serve.

Nutrition Facts

PROTEIN 8.85% **FAT 71.92%** **CARBS 19.23%**

Properties

Glycemic Index:26.71, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:20.784782533412%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Naringenin: 2.66mg, Naringenin: 2.66mg, Naringenin: 2.66mg, Naringenin: 2.66mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 324.96kcal (16.25%), Fat: 27.97g (43.04%), Saturated Fat: 6.22g (38.9%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 11.55g (4.2%), Sugar: 7.64g (8.49%), Cholesterol: 17.43mg (5.81%), Sodium: 159.28mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Vitamin K: 144.81µg (137.91%), Vitamin C: 69.3mg (84%), Manganese: 1.39mg (69.34%), Copper: 0.58mg (29.04%), Fiber: 5.28g (21.12%), Folate: 81.54µg (20.38%), Magnesium: 71.01mg (17.75%), Vitamin B6: 0.35mg (17.7%), Phosphorus: 170.38mg (17.04%), Vitamin A: 820.27IU (16.41%), Vitamin B1: 0.22mg (14.92%), Potassium: 467.76mg (13.36%), Iron: 2.12mg (11.79%), Zinc: 1.36mg (9.04%), Vitamin E: 1.13mg (7.52%), Calcium: 73.65mg (7.37%), Vitamin B2: 0.12mg (7.31%), Vitamin B3: 0.98mg (4.89%),

Vitamin B5: 0.45mg (4.51%), Selenium: 3.03µg (4.33%)