



Roasted Brussels Sprouts with Creamy Mustard Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts trimmed
- ☐ 3 tablespoons butter divided melted
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons olive oil divided
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon sea salt

- ☐ 0.5 cup shallots minced
- ☐ 3 tablespoons sherry vinegar
- ☐ 0.8 cup whipping cream

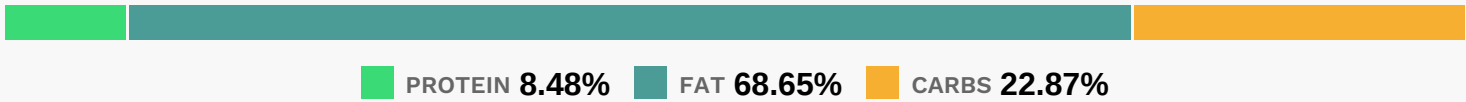
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Cut Brussels sprouts in half lengthwise; toss to coat evenly with 2 tablespoons butter, 2 tablespoons olive oil, sea salt, and pepper.
- ☐ Bake on a 15- x 10- x 1-inch jellyroll pan at 425 for 18 minutes or until Brussels sprouts are tender and outer leaves are golden brown and slightly crispy, stirring halfway through.
- ☐ Heat remaining 1 tablespoon butter and oil in skillet over medium heat. Saut shallots for 2 minutes or until translucent and cooked through.
- ☐ Add vinegar; reduce heat to low, and cook 1 minute. Stir in mustard and cream; bring to a low boil.
- ☐ Let simmer and reduce about 5 minutes or until sauce is thick and creamy. Toss Brussels sprouts with parsley, and drizzle half the warm sauce over the top.
- ☐ Serve remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:16.077391303104%

Flavonoids

Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 177.64kcal (8.88%), Fat: 14.39g (22.14%), Saturated Fat: 6.91g (43.17%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 6.86g (2.49%), Sugar: 3.48g (3.87%), Cholesterol: 29.2mg (9.73%), Sodium: 189.6mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 177.28µg (168.84%), Vitamin C: 79.26mg (96.07%), Vitamin A: 1120.57IU (22.41%), Manganese: 0.36mg (17.84%), Fiber: 3.93g (15.72%), Folate: 61.53µg (15.38%), Vitamin B6: 0.25mg (12.39%), Potassium: 419.54mg (11.99%), Vitamin E: 1.68mg (11.21%), Vitamin B1: 0.14mg (9.37%), Iron: 1.55mg (8.63%), Phosphorus: 83.58mg (8.36%), Vitamin B2: 0.12mg (7.11%), Magnesium: 26.07mg (6.52%), Calcium: 57.92mg (5.79%), Copper: 0.08mg (3.97%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.73mg (3.66%), Zinc: 0.5mg (3.3%), Vitamin D: 0.29µg (1.9%)