



Sautéed Brussels Sprouts and Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.8 pound brussels sprouts trimmed thinly sliced lengthwise
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shallots thinly sliced
- ☐ 1 teaspoon sugar

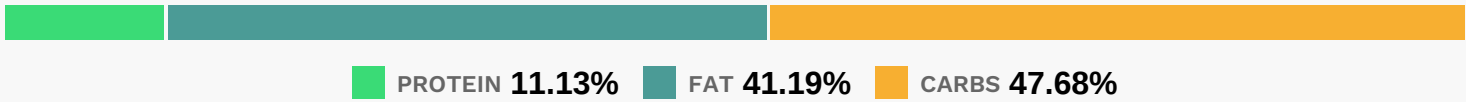
Equipment

☐ frying pan

Directions

- ☐ Heat a large stainless steel skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots; saut 3 minutes or until almost tender, stirring occasionally.
- ☐ Add garlic; saut 30 seconds, stirring constantly.
- ☐ Add sugar and Brussels sprouts; saut 5 minutes or until brown, stirring occasionally.
- ☐ Sprinkle with salt and pepper; toss.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:16.94913047293%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 147.28kcal (7.36%), Fat: 7.33g (11.27%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 13.91g (5.06%), Sugar: 7.54g (8.38%), Cholesterol: 0mg (0%), Sodium: 174.12mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Vitamin K: 155.35µg (147.95%), Vitamin C: 77.49mg (93.93%), Manganese: 0.49mg (24.64%), Fiber: 5.17g (20.69%), Vitamin B6: 0.41mg (20.45%), Folate: 72.05µg (18.01%), Potassium: 535.36mg (15.3%), Vitamin A: 644.11IU (12.88%), Vitamin E: 1.78mg (11.88%), Iron: 1.97mg (10.96%), Vitamin B1: 0.16mg (10.45%), Phosphorus: 96.57mg (9.66%), Magnesium: 32.47mg (8.12%), Calcium: 60.77mg (6.08%), Copper: 0.12mg (5.85%), Vitamin B2: 0.09mg (5.31%), Vitamin B5: 0.44mg (4.44%), Zinc: 0.61mg (4.08%), Vitamin B3: 0.76mg (3.82%), Selenium: 2.29µg (3.28%)