



WHATSheATE



Sautéed Brussels Sprouts With Apples

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 braeburn apple diced peeled
- ☐ 1.5 pounds brussels sprouts trimmed
- ☐ 0.3 cup wine dry white
- ☐ 0.3 cup fat-skimmed beef broth fat-free low-sodium
- ☐ 1 garlic clove minced
- ☐ 0.3 cup parmesan shaved
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shallots minced

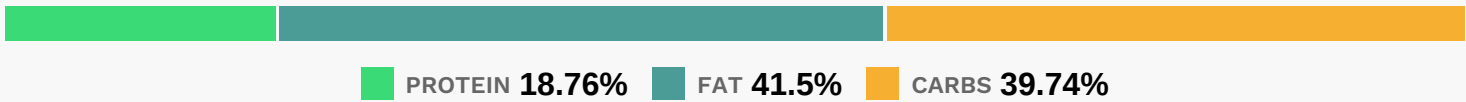
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut Brussels sprouts in half, and cut into shreds.
- ☐ Cook bacon in a large skillet over medium heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 3 Tbsp. drippings in skillet. Crumble bacon.
- ☐ Saut apple, shallots, and garlic in hot drippings over medium-high heat 3 minutes. Stir in wine and next 3 ingredients, stirring to loosen particles from bottom of skillet. Bring to a boil; reduce heat, and simmer 5 minutes.
- ☐ Add Brussels sprouts; saute 8 to 10 minutes or until sprouts are crisp-tender. Top with shaved Parmesan cheese and crumbled bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.25, Inflammation Score:-8, Nutrition Score:18.183913054674%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 154.17kcal (7.71%), Fat: 7.32g (11.26%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 10.57g (3.84%), Sugar: 6.06g (6.73%), Cholesterol: 12.51mg (4.17%), Sodium: 619.78mg (26.95%), Alcohol: 1.03g (100%), Alcohol %: 0.7% (100%), Protein: 7.44g (14.89%), Vitamin K: 201.8µg (192.19%), Vitamin C: 98.21mg (119.04%), Manganese: 0.45mg (22.42%), Fiber: 5.2g (20.79%), Vitamin A: 910.46IU (18.21%), Folate: 71.75µg (17.94%), Vitamin B6: 0.33mg (16.4%), Potassium: 531.82mg (15.19%), Vitamin B1: 0.21mg (13.95%), Phosphorus: 137.49mg (13.75%), Calcium: 103.91mg (10.39%), Iron: 1.83mg (10.15%), Selenium: 6.04µg (8.63%), Magnesium: 33.41mg (8.35%), Vitamin B2: 0.14mg (8.27%), Vitamin B3: 1.55mg (7.75%), Vitamin E: 1.13mg (7.52%), Zinc: 0.81mg (5.41%), Copper: 0.1mg (5.21%), Vitamin B5: 0.5mg (5%), Vitamin B12: 0.14µg (2.37%)