



Sautéed Brussels Sprouts with Garlic and Pecorino

 Gluten Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound brussels sprouts trimmed halved
- ☐ 0.3 teaspoon thyme dried
- ☐ 6 garlic clove sliced
- ☐ 0.3 cup beef broth fat-free
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion

- ☐ 2 tablespoons pecorino cheese shaved
- ☐ 0.1 teaspoon salt

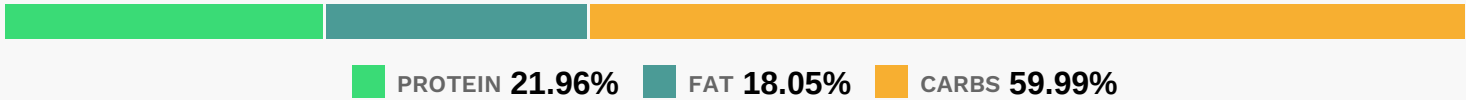
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add thyme, garlic, and onion to pan; saut 3 minutes.
- ☐ Add broth and Brussels sprouts; bring to a boil. Cover and simmer 6 minutes or until crisp-tender.
- ☐ Add black pepper and salt.
- ☐ Sprinkle with pecorino Romano cheese.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:17.767826030436%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 91.72kcal (4.59%), Fat: 2.08g (3.21%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 10.45g (3.8%), Sugar: 4.26g (4.73%), Cholesterol: 2.6mg (0.87%), Sodium: 170.13mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin K: 202.88µg (193.22%), Vitamin C: 100.78mg (122.16%), Manganese: 0.53mg (26.53%), Fiber: 5.14g (20.55%), Folate: 77.28µg (19.32%), Vitamin B6: 0.35mg (17.75%), Vitamin A: 869.66IU (17.39%), Potassium: 561.91mg (16.05%), Vitamin B1: 0.19mg (12.43%), Phosphorus: 116.05mg (11.61%), Iron: 1.86mg (10.35%), Calcium: 93.36mg (9.34%), Magnesium: 32.58mg (8.15%), Vitamin E: 1.17mg (7.77%), Vitamin B2: 0.13mg (7.5%), Copper: 0.11mg (5.57%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.67mg (4.44%),

Vitamin B5: 0.44mg (4.39%), Selenium: 3.03µg (4.32%)