



WHATSheATE



HEALTH SCORE

89%

Sautéed Brussels Sprouts with Lemon and Pecan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound brussels sprouts trimmed halved
- ☐ 0.3 teaspoon thyme dried
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup beef broth fat-free
- ☐ 1 teaspoon olive oil

- ☐ 1.5 cups onion
- ☐ 0.3 cup pecans chopped

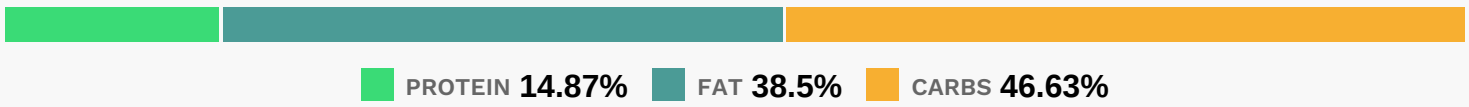
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add thyme 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. Stir in pecans, lemon rind, lemon juice, and black pepper.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:18.971304416656%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 3.78mg, Naringenin: 3.78mg, Naringenin: 3.78mg, Naringenin: 3.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.37mg, Quercetin: 14.37mg, Quercetin: 14.37mg, Quercetin: 14.37mg

Nutrients (% of daily need)

Calories: 131.71kcal (6.59%), Fat: 6.33g (9.73%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 11.08g (4.03%), Sugar: 5.45g (6.05%), Cholesterol: 0mg (0%), Sodium: 67.59mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin K: 203.07µg (193.4%), Vitamin C: 103.68mg (125.67%),

Manganese: 0.79mg (39.37%), Fiber: 6.16g (24.62%), Folate: 83.14µg (20.79%), Vitamin A: 863.82IU (17.28%), Potassium: 604.29mg (17.27%), Vitamin B6: 0.34mg (16.94%), Vitamin B1: 0.23mg (15.48%), Phosphorus: 115.26mg (11.53%), Iron: 1.99mg (11.07%), Magnesium: 41.05mg (10.26%), Copper: 0.19mg (9.41%), Vitamin E: 1.26mg (8.42%), Vitamin B2: 0.13mg (7.59%), Calcium: 69.51mg (6.95%), Zinc: 0.9mg (5.98%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.49mg (4.93%), Selenium: 2.39µg (3.42%)