



WHATSheATE



Sautéed Brussels Sprouts with Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients



1 pound brussels sprouts trimmed



0.3 teaspoon kosher salt



1 tablespoon olive oil



2 tablespoons pecans toasted chopped



0.1 teaspoon pepper

Equipment

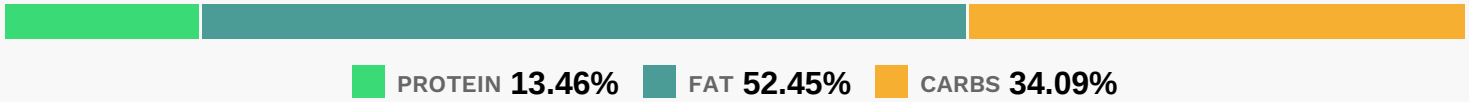


frying pan

Directions

- ☐ Quarter brussels sprouts.
- ☐ Heat oil and melt butter together in a large frying pan over medium-high heat.
- ☐ Add brussels sprouts and cook, stirring often, until tender and starting to brown, about 5 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Transfer to a serving dish and sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:17.199999975122%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 114.41kcal (5.72%), Fat: 7.44g (11.45%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 6.08g (2.21%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 173.77mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin K: 203.1µg (193.43%), Vitamin C: 96.44mg (116.9%), Manganese: 0.62mg (30.77%), Fiber: 4.8g (19.22%), Folate: 70.28µg (17.57%), Vitamin A: 858.16IU (17.16%), Potassium: 462.51mg (13.21%), Vitamin B6: 0.26mg (12.95%), Vitamin B1: 0.19mg (12.71%), Vitamin E: 1.57mg (10.48%), Iron: 1.74mg (9.67%), Phosphorus: 92.19mg (9.22%), Magnesium: 32.24mg (8.06%), Copper: 0.14mg (7.02%), Vitamin B2: 0.11mg (6.39%), Calcium: 51.53mg (5.15%), Zinc: 0.7mg (4.69%), Vitamin B3: 0.9mg (4.52%), Vitamin B5: 0.39mg (3.94%), Selenium: 2.01µg (2.87%)