



Shaved Brussel Sprouts with Currants and Chestnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 1 tablespoons balsamic vinegar
- ☐ 1.5 pounds brussels sprouts trimmed
- ☐ 5 tablespoons butter
- ☐ 7 ounce honey whole peeled cut into 1/2-inch pieces
- ☐ 0.5 cup currants dried
- ☐ 2 tablespoons olive oil

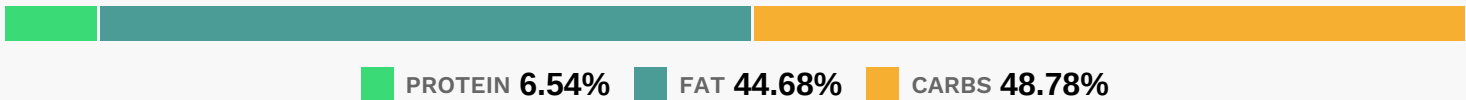
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Bring cider to boil in small saucepan.
- ☐ Remove from heat.
- ☐ Add currants; let soak 30minutes. Using processor fitted with slicingdisk, push brussels sprouts through feedtube and slice. DO AHEAD: Can be made 1day ahead. Cover and chill currant mixture.Wrap brussels sprouts in paper towels, thenenclose in resealable plastic bag and chill.
- ☐ Heat oil in large deep skillet overmedium-high heat.
- ☐ Add chestnuts; sauté2 minutes. Using slotted spoon, transfer to bowl.
- ☐ Add brussels sprouts to skillet; sautéuntil beginning to wilt, about 3 minutes.
- ☐ Add1/2 cup water and butter; sauté until most ofliquid evaporates and brussels sprouts aretender but still bright green, adding morewater by tablespoonfuls if mixture is dry,about 7 minutes. Stir in chestnuts, currantmixture, and vinegar; sauté until heatedthrough, about 2 minutes. Season with saltand pepper.
- ☐ Transfer to bowl.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:7.83, Inflammation Score:-7, Nutrition Score:14.206521706089%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 170.81kcal (8.54%), Fat: 8.96g (13.79%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 19.08g (6.94%), Sugar: 7.36g (8.18%), Cholesterol: 15.05mg (5.02%), Sodium: 66.41mg (2.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 122.84µg (116.99%), Vitamin C: 66.26mg (80.31%), Manganese: 0.34mg (17.03%), Vitamin A: 698.48IU (13.97%), Folate: 53.94µg (13.49%), Potassium: 432.08mg (12.35%), Vitamin B6: 0.24mg (12.13%), Fiber: 2.93g (11.7%), Vitamin B1: 0.14mg (9.17%), Vitamin E: 1.17mg (7.82%), Copper: 0.15mg (7.69%), Iron: 1.32mg (7.32%), Phosphorus: 64.43mg (6.44%), Magnesium: 25.12mg (6.28%), Vitamin B2: 0.08mg (4.65%), Vitamin B3: 0.85mg (4.27%), Calcium: 41.77mg (4.18%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.42mg (2.8%), Selenium: 1.22µg (1.74%)