



Shaved Brussels Sprout and Shallot Sauté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds brussels sprouts
- ☐ 2 tablespoons butter ()
- ☐ 6 garlic clove thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 4 tablespoons pinenuts divided toasted
- ☐ 2 cups shallots thinly sliced

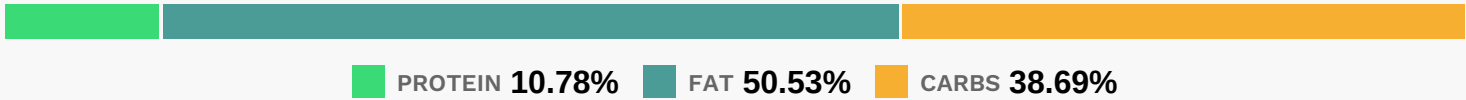
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Working in small batches, place brussels sprouts in feed tube of processor fitted with thin slicing disk; slice.
- ☐ Melt butter with olive oil in large pot over medium heat.
- ☐ Add shallots; sauté until almost translucent, about 3 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add brussels sprouts; increase heat to medium-high and sauté until tender, about 8 minutes. Stir in 3 tablespoons pine nuts and lemon juice. Season with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with remaining 1 tablespoon pine nuts and serve.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:20.148695462748%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 194.58kcal (9.73%), Fat: 11.89g (18.29%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 14.57g (5.3%), Sugar: 7.14g (7.93%), Cholesterol: 7.53mg (2.51%), Sodium: 55.03mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Vitamin K: 182.24µg (173.56%), Vitamin C: 91.26mg (110.62%), Manganese: 0.99mg (49.26%), Fiber: 5.91g (23.63%), Vitamin B6: 0.46mg (22.79%), Folate: 83.26µg (20.81%), Potassium: 627.16mg (17.92%), Vitamin A: 839.85IU (16.8%), Vitamin E: 2.21mg (14.72%), Phosphorus: 137.28mg (13.73%), Iron: 2.45mg (13.59%), Vitamin B1: 0.2mg (13.15%), Magnesium: 48.65mg (12.16%), Copper: 0.19mg (9.74%), Calcium: 69.55mg (6.95%), Vitamin B2: 0.12mg (6.87%), Zinc: 1.01mg (6.71%), Vitamin B3: 1.1mg

(5.49%), Vitamin B5: 0.52mg (5.16%), Selenium: 2.69µg (3.84%)