



Shredded Brussels Sprouts



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 2 pounds brussels sprouts
- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 small purple onion cut into slivers (1/2 cup)
- ☐ 0.3 cup red wine vinegar

☐ 0.5 teaspoon salt

Equipment

☐ bowl

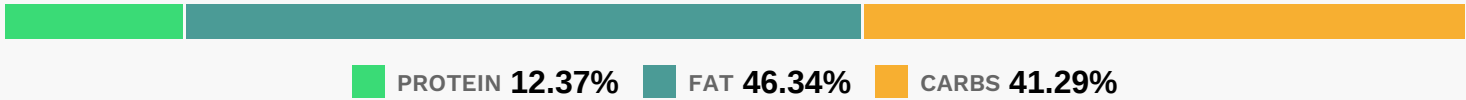
☐ frying pan

☐ dutch oven

Directions

- ☐ Wash brussels sprouts; remove discolored leaves.
- ☐ Cut off stem ends and thinly slice brussels sprouts. (They should look shredded.)
- ☐ Heat butter and oil in a large deep skillet or Dutch oven over medium-high heat until hot.
- ☐ Add shredded brussels sprouts, garlic, and onion slivers.
- ☐ Saute 8 to 10 minutes or until brussels sprouts are tender and onion is lightly caramelized. Season with salt and pepper; transfer to a serving bowl.
- ☐ Add vinegar and brown sugar to skillet. Simmer over medium heat 30 seconds; pour over brussels sprouts, and toss gently.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:16.507391310094%

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: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 119.02kcal (5.95%), Fat: 6.67g (10.27%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 8.9g (3.24%), Sugar: 4.98g (5.53%), Cholesterol: 0mg (0%), Sodium: 208.42mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin K: 203.07µg (193.4%), Vitamin C: 97.18mg (117.79%), Manganese: 0.42mg (21.24%), Vitamin A: 981.11IU (19.62%), Fiber: 4.47g (17.89%), Folate: 70.58µg (17.65%), Vitamin B6: 0.27mg (13.37%), Potassium: 463.27mg (13.24%), Vitamin B1: 0.16mg (10.85%), Vitamin E: 1.61mg (10.76%), Iron: 1.7mg (9.43%), Phosphorus: 83.08mg (8.31%), Magnesium: 27.78mg (6.95%), Vitamin B2: 0.11mg (6.25%), Calcium: 54.61mg (5.46%), Copper: 0.09mg (4.39%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.37mg (3.71%), Zinc: 0.5mg (3.34%), Selenium: 1.99µg (2.84%)