



Shredded Brussels Sprouts with Maple Hickory Nuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



144 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 pounds brussels sprouts
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup pure
- 3 ounces pecans coarsely chopped
- 1 teaspoon salt
- 0.3 cup butter unsalted

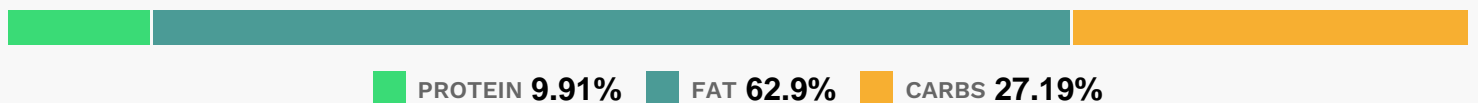
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- ziploc bags

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Toast nuts in a small shallow baking pan until fragrant and a few shades darker, about 10 minutes. While nuts toast, melt 1 tablespoon butter and stir together with syrup and 1/2 teaspoon salt.
- Add maple glaze to hot nuts and toss to coat.
- Holding each Brussels sprout by stem end, cut into very thin slices with slicer. Toss slices in a bowl to separate layers.
- Heat remaining 3 tablespoons butter in a 12- to 13-inch nonstick skillet over moderately high heat until foam subsides, then sauté shredded sprouts with pepper and remaining 1/2 teaspoon salt, stirring, until sprouts are wilted but crisp-tender, 3 to 5 minutes.
- Add vinegar and sauté, stirring, 1 minute.
- Add hickory nuts and any glaze in baking pan and sauté, stirring, 1 minute.
- Nuts can be glazed 1 day ahead and cooled, then kept, covered, at room temperature.·Brussels sprouts can be sliced 1 day ahead and chilled in a sealed plastic bag lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:16.597391510787%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 144.31kcal (7.22%), Fat: 11g (16.92%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 6.42g (2.34%), Sugar: 3.54g (3.94%), Cholesterol: 12.2mg (4.07%), Sodium: 256.12mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin K: 161.35µg (153.67%), Vitamin C: 77.2mg (93.58%), Manganese: 0.75mg (37.27%), Fiber: 4.28g (17.11%), Vitamin A: 830.87IU (16.62%), Folate: 57.39µg (14.35%), Vitamin B1: 0.18mg (12.26%), Potassium: 395.43mg (11.3%), Vitamin B6: 0.22mg (10.84%), Phosphorus: 87.72mg (8.77%), Copper: 0.17mg (8.37%), Iron: 1.5mg (8.32%), Magnesium: 31.86mg (7.96%), Vitamin B2: 0.12mg (7.07%), Vitamin E: 1.05mg (7%), Zinc: 0.79mg (5.25%), Calcium: 48.07mg (4.81%), Vitamin B3: 0.78mg (3.9%), Vitamin B5: 0.36mg (3.61%), Selenium: 1.84µg (2.62%)