



Slow Cooked Brussels Sprouts

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

Ingredients

- 1 pound brussels sprouts trimmed
- 3 tablespoons butter
- 0.8 cup chicken broth
- 6 servings salt
- 3 tablespoons shallots finely chopped
- 2 tablespoons vegetable oil

Equipment

- frying pan

Directions

- Heat vegetable oil over high heat in a large skillet.
- Add Brussels sprouts and brown all over by shaking the pan often. Season with salt, to taste.
- Remove Brussels sprouts from pan, reduce heat to medium high and add the butter to melt.
- Add shallots and saute for a minute or
- Add the sprouts back in, add the chicken stock, cover, reduce heat to medium low, and cook for 30 minutes or until sprouts are soft and tender.

Nutrition Facts

PROTEIN 8.54% **FAT 68.9%** **CARBS 22.56%**

Properties

Glycemic Index:18.67, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:13.259565304155%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 128.13kcal (6.41%), Fat: 10.5g (16.16%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 4.71g (1.71%), Sugar: 2.19g (2.43%), Cholesterol: 15.64mg (5.21%), Sodium: 367.28mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin K: 142.68µg (135.88%), Vitamin C: 64.66mg (78.37%), Vitamin A: 745.73IU (14.91%), Manganese: 0.28mg (14.17%), Fiber: 3.03g (12.13%), Folate: 48.03µg (12.01%), Vitamin B6: 0.18mg (9.15%), Potassium: 317.79mg (9.08%), Vitamin E: 1.21mg (8.08%), Vitamin B1: 0.11mg (7.64%), Iron: 1.14mg (6.35%), Phosphorus: 58.02mg (5.8%), Vitamin B2: 0.09mg (5.22%), Magnesium: 18.88mg (4.72%), Calcium: 36.58mg (3.66%), Vitamin B3: 0.64mg (3.2%), Copper: 0.06mg (3.09%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.36mg (2.43%), Selenium: 1.46µg (2.08%)