



Sweet and Sour Brussels Sprouts

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 2 cups beef broth
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 pounds brussels sprouts
- ☐ 3 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 1 onion finely chopped
- ☐ 8 servings salt and pepper to taste

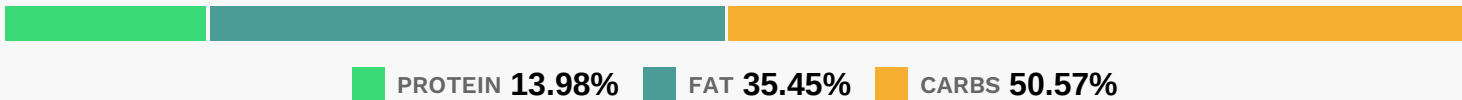
Equipment

- ☐ sauce pan

Directions

- ☐ Place Brussels sprouts in a saucepan with enough lightly salted water to cover. Bring to a boil, and cook 7 to 10 minutes, or until just tender; drain.
- ☐ In a separate saucepan large enough to hold the Brussels Sprouts, melt the butter and cook the onion until browned.
- ☐ Remove saucepan from heat, and stir in the flour until smooth. Return saucepan to low heat, and continue stirring until flour is lightly browned. Gradually blend in the beef broth. Season with salt, pepper, and cloves. Stir in the brown sugar and lemon juice.
- ☐ Place the cooked Brussels sprouts in the mixture, and allow to simmer 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.84, Inflammation Score:-7, Nutrition Score:15.093913124955%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 110.36kcal (5.52%), Fat: 4.71g (7.24%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 11.52g (4.19%), Sugar: 5.47g (6.08%), Cholesterol: 11.29mg (3.76%), Sodium: 473.52mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Vitamin K: 150.97µg (143.78%), Vitamin C: 74.76mg (90.62%), Manganese: 0.34mg (16.99%), Folate: 63.78µg (15.94%), Vitamin A: 772.96IU (15.46%), Fiber: 3.58g (14.33%), Potassium: 396.65mg (11.33%), Vitamin B6: 0.21mg (10.68%), Vitamin B1: 0.16mg (10.5%), Iron: 1.53mg (8.5%), Phosphorus: 76.37mg (7.64%), Vitamin B3: 1.36mg (6.79%), Vitamin B2: 0.11mg (6.74%), Magnesium:

23.6mg (5.9%), Vitamin E: 0.88mg (5.87%), Calcium: 47.16mg (4.72%), Selenium: 3.27µg (4.67%), Copper: 0.07mg (3.63%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.42mg (2.77%)