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Cream-Braised Brussels Sprouts ♦♦

Cream-Braised Brussels Sprouts is a delicious and creamy dish made with tender Brussels sprouts cooked in a rich and flavorful cream sauce. It is a perfect side dish for any meal and can be enjoyed by both vegetarians and non-vegetarians.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------------|------------------|
| 500 g | Brussels sprouts |
| 250 ml | heavy cream |
| 30 g | butter |
| 2 cloves | garlic |
| 1 tsp | Salt |

0.5 tsp Black pepper

Directions

Step 1

Preparation

Trim the ends of the Brussels sprouts and remove any yellow leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a large pot, bring salted water to a boil. Add the Brussels sprouts and cook for 5 minutes. Drain and set aside.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

In a large skillet, melt the butter over medium heat. Add the minced garlic and cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Sautéing

Add the cooked Brussels sprouts to the skillet and cook for 2 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stirring

Pour in the heavy cream and season with salt and black pepper. Stir well to combine.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Simmering

Simmer the Brussels sprouts in the cream sauce for 5 minutes, or until the sauce has thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Resting

Remove from heat and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 25 g | 45.45% | 50% |
| Fibers | 10 g | 26.32% | 40% |
| Sugars | 5 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 15 g | 68.18% | 88.24% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 50 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 500 iu | 55.56% | 71.43% |
| Vitamin C | 50 mg | 55.56% | 66.67% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 2 mg | 13.33% | 13.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 200 mg | 20% | 20% |
| Iron | 2 mg | 25% | 11.11% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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