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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

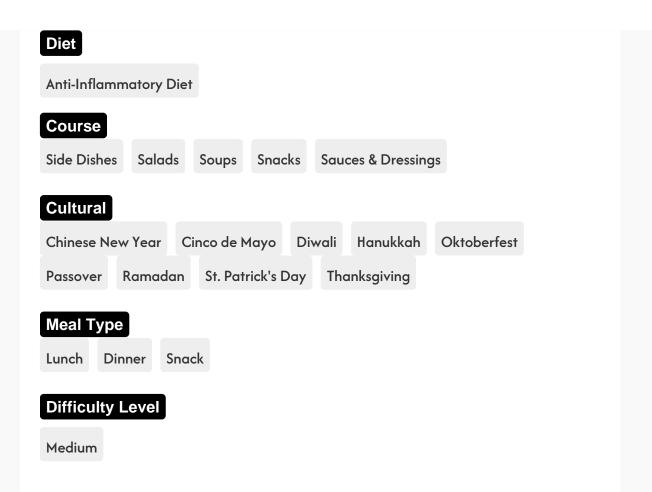
Blender

Nutritional Content

Low Calorie

Cuisines

Italian



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