

Brussels Sprouts with Parmesan and Almonds

The Victorian Villa - Union City, MI
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

3 pints Brussels sprouts (trimmed)
OR two 16-ounce packages frozen
Brussels sprouts
1/3 cup Parmesan cheese, coarsely
shredded
1/4 cup toasted slivered almonds
butter or margarine
salt (to taste)
freshly ground pepper (to taste)

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Cut any large Brussels sprouts in half lengthwise. Place the Brussels sprouts in a steamer basket over, but not touching, boiling water.

Reduce the heat, cover, and steam for 15 to 20 minutes or until just tender.

Place the Brussels sprouts in a serving bowl. Sprinkle with the cheese and almonds.

Dot with butter and season to taste with salt and pepper.

Per Serving (excluding unknown items): 42 Calories; 3g Fat (68.2% calories from fat); 2g Protein; 1g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	42	Vitamin B6 (mg):	trace
% Calories from Fat:	68.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	10.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	3mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	3mg
Carbohydrate (g):	1g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	62mg
Potassium (mg):	39mg
Calcium (mg):	58mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	23IU
Vitamin A (r.e.):	7RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 42 Calories from Fat: 28

% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	4%
Cholesterol	3mg	1%
Sodium	62mg	3%
Total Carbohydrates	1g	0%
Dietary Fiber	1g	2%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.