

Brussles Sprouts Lemon-Butter Braise with Leeks

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2 tablespoons butter
1 1/4 pounds Brussels sprouts,
halved
3 leeks (white and light green parts),
chopped
salt
pepper
1/2 cup white wine
3/4 cup chicken stock
juice of one lemon
2 tablespoons butter
2 tablespoons heavy cream

Melt the butter in a skillet over medium-high heat. Add the Brussels sprouts, cut side down. Cook until golden, 3 to 4 minutes.

Add the leeks, salt and pepper. Cook, stirring, for 2 to 3 minutes.

Add the wine, chicken stock and lemon juice. Bring to a simmer. Cover and cook over medium heat until the sprouts are tender, about 15 minutes.

Use a slotted spoon to transfer the sprouts and leeks to a dish.

Stir the butter and heavy cream into the braising liquid.

Pour the sauce over the vegetables.

Per Serving (excluding unknown items): 825 Calories; 58g Fat (66.2% calories from fat); 19g Protein; 48g Carbohydrate; 19g Dietary Fiber; 165mg Cholesterol; 2223mg Sodium. Exchanges: 8 1/2 Vegetable; 0 Non-Fat Milk; 11 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	825	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	66.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	24.2%	Thiamin B1 (mg):	1.3mg

% Calories from Protein:	9.6%
Total Fat (g):	58g
Saturated Fat (g):	36g
Monounsaturated Fat (g):	17g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	165mg
Carbohydrate (g):	48g
Dietary Fiber (g):	19g
Protein (g):	19g
Sodium (mg):	2223mg
Potassium (mg):	2182mg
Calcium (mg):	260mg
Iron (mg):	9mg
Zinc (mg):	2mg
Vitamin C (mg):	434mg
Vitamin A (i.u.):	6681IU
Vitamin A (r.e.):	1004RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	317mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	80
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	8 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	11 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	825	Calories from Fat: 546
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% Daily Values*

Total Fat	58g	90%
Saturated Fat	36g	179%
Cholesterol	165mg	55%
Sodium	2223mg	93%
Total Carbohydrates	48g	16%
Dietary Fiber	19g	77%
Protein	19g	
Vitamin A		134%
Vitamin C		724%
Calcium		26%
Iron		47%

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