

# Caramelized Brussels Sprouts with Lemon

*All-Time Favorites - 2013 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 6

*1/4 cup extra-virgin olive oil  
4 cups brussels sprouts, rinsed,  
trimmed and halved lengthwise  
salt and freshly ground black pepper  
3 tablespoons water  
1 tablespoon fresh lemon juice  
lemon zest (optional)*

## Preparation Time: 15 minutes

### Cook Time: 6 minutes

In a very large nonstick skillet, heat three tablespoons of the oil over medium heat. Arrange the sprouts in a single layer, cut sides down. Drizzle with the remaining olive oil and sprinkle generously with salt and a grind or two of black pepper. Cover and cook for 3 minutes. Remove the lid and sprinkle the sprouts with water. Cover and cook for 2 minutes more. The sprouts should just be beginning to caramelize and, when pierced with a fork, be slightly tender.

Remove the cover and increase the heat slightly. When the cut sides are well-caramelized, toss the Brussels sprouts in the pan, drizzle well with lemon juice, and sprinkle with more salt and pepper to taste. If desired, sprinkle with lemon zest.

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Per Serving (excluding unknown items): 105 Calories; 9g Fat (73.7% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	105	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	19.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	36mcg
			trace

**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 2g  
**Sodium (mg):** 15mg  
**Potassium (mg):** 228mg  
**Calcium (mg):** 25mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 50mg  
**Vitamin A (i.u.):** 512IU  
**Vitamin A (r.e.):** 51RE

**Niacin (mg):**  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 105 **Calories from Fat:** 77

### % Daily Values\*

<b>Total Fat</b>	9g	14%
Saturated Fat	1g	6%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	15mg	1%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	2g	9%
<b>Protein</b>	2g	
<b>Vitamin A</b>		10%
<b>Vitamin C</b>		84%
<b>Calcium</b>		2%
<b>Iron</b>		5%

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