

Lemon Butter Brussels Sprouts

Jenn Tidwell - Fair Oaks, CA
Taste of Home Magazine - Feb/ Mar 2014

Servings: 4

1 pound fresh or frozen Brussels sprouts, thawed
3 tablespoons olive oil
2 garlic cloves, minced
1/4 cup white wine
1/2 cup chicken broth
4 teaspoons lemon juice
1/2 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter
1 teaspoon lemon peel, grated
minced fresh parsley (optional)

Cut the Brussels sprouts in half. In a large skillet, heat the oil over medium heat. Add the Brussels sprouts and garlic. Cook and stir for 5 minutes or until the sprouts begin to brown.

Add the wine, stirring to loosen browned bits from the pan. Stir in the broth, lemon juice, thyme, salt and pepper. Bring to a boil. Reduce the heat and simmer, covered, for 8 to 10 minutes or until the sprouts are tender.

Stir in the butter and lemon peel until the butter is melted. If desired, sprinkle with parsley.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 160 Calories; 16g Fat (94.1% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 288mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	160
% Calories from Fat:	94.1%
% Calories from Carbohydrates:	3.8%
% Calories from Protein:	2.2%
Total Fat (g):	16g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	16mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	10
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): 1g
 Sodium (mg): 288mg
 Potassium (mg): 56mg
 Calcium (mg): 13mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 225IU
 Vitamin A (r.e.): 54 1/2RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 160 **Calories from Fat:** 150

% Daily Values*

Total Fat 16g 25%
 Saturated Fat 5g 25%
Cholesterol 16mg 5%
Sodium 288mg 12%
Total Carbohydrates 1g 0%
 Dietary Fiber trace 1%
Protein 1g

Vitamin A 5%
Vitamin C 6%
Calcium 1%
Iron 2%

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