

Brussels 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
 Folic Acid (mcg): 317mcg
 Niacin (mg): 4mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 80
 % Refused: n.n%

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

% 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	
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Vitamin A	134%
Vitamin C	724%
Calcium	26%
Iron	47%

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