

Grandma's Slow Cooker Glazed Brussels Sprouts

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*1 pound Brussels sprouts
3 tablespoons butter, cut into pieces
2 tablespoons maple syrup
1/4 teaspoon Kosher salt
1/4 teaspoon pepper
1/4 cup water*

Wash, trim and cut each Brussels sprout in half.
Place the Brussels sprouts in a slow cooker.

Pour the maple syrup, butter, salt, pepper and water over the sprouts. Stir together until all of the sprouts are coated.

Cover and cook on HIGH for two hours.

Stir well before serving.

Per Serving (excluding unknown items): 585 Calories; 36g Fat (50.8% calories from fat); 14g Protein; 63g Carbohydrate; 16g Dietary Fiber; 93mg Cholesterol; 929mg Sodium. Exchanges: 0 Grain(Starch); 7 Vegetable; 7 Fat; 2 Other Carbohydrates.

Side Dishes, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	585
% Calories from Fat:	50.8%
% Calories from Carbohydrates:	40.2%
% Calories from Protein:	9.0%
Total Fat (g):	36g
Saturated Fat (g):	22g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	93mg
Carbohydrate (g):	63g
Dietary Fiber (g):	16g

Vitamin B6 (mg):	.9mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	251mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 14g
Sodium (mg): 929mg
Potassium (mg): 1688mg
Calcium (mg): 226mg
Iron (mg): 6mg
Zinc (mg): 2mg
Vitamin C (mg): 347mg
Vitamin A (i.u.): 4909IU
Vitamin A (r.e.): 681 1/2RE

Lean Meat: 0
Vegetable: 7
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 585 Calories from Fat: 297

% Daily Values*

Total Fat	36g	55%
Saturated Fat	22g	109%
Cholesterol	93mg	31%
Sodium	929mg	39%
Total Carbohydrates	63g	21%
Dietary Fiber	16g	62%
Protein	14g	
Vitamin A		98%
Vitamin C		579%
Calcium		23%
Iron		35%

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