

Sprout Social

Target Stores Ad
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Servings: 6

1 package (16 ounce) fresh brussels sprouts
1 tablespoon olive oil
1 tablespoon butter
1/2 cup chopped pecans
1/2 cup dried cranberries
salt and pepper (to taste)

Cut off the stems and slice the sprouts in half.

In a large skillet on medium, heat the oil and butter. Add the sprouts, pecans and cranberries. Cook for 8 to 10 minutes until the sprouts are tender and lightly browned, stirring frequently.

Salt and pepper to taste.

Serve warm.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 103 Calories; 11g Fat (90.0% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	103	Vitamin B6 (mg):	trace
% Calories from Fat:	90.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	7.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	4mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	0.0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0

Sodium (mg): 20mg
Potassium (mg): 39mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 85IU
Vitamin A (r.e.): 19RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 103 **Calories from Fat:** 93

% Daily Values*

Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	3%
Protein 1g	

Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	1%

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