



Cheesy Brussels Sprouts Gratin -Trans Fat Free

4 servings. Ready in 60 min.

Ingredients

2 Tbs. Butter, No Salt, oz
1 cup parmesan cheese, hard, grated, oz
1 1/2 cup Plain Yogurt (Whole Milk), oz
1 1/2 Lb. Brussels sprouts, raw, oz
2 Tbs Flour, oz
Black Pepper to taste, oz
1/4 cup Mayonnaise, homemade, oz
Turmeric, dash, 0.01 oz

Instructions/Preparation

Pre-heat oven to 350. Wash, and trim off the stems of brussels sprouts. Cut each brussels sprout in half and keep all of the loose leaves. Fill medium stock pot half way with water and bring to boil. Add brussels sprouts, stir in hot water and blanch quickly for about two minutes, or until they turn bright green. Drain immediately. Do not cook brussels sprouts until they are soft. In large pan melt butter, then add flour and quickly stir with whisk to combine and remove clumps. Turn off heat. Add milk, cheese, mayonnaise, tumeric and black pepper. Stir until cheese is melted. Add brussels sprouts to cheese mixture and stir. Pour cheese sauce into baking dish and bake for about 30-45 minutes or until burssels sprouts are tender. For an extra cheesy crust, sprinkle cheese on top about 10 minutes before burssels sprouts are finished. Add kosher salt or sea salt to taste.

Extra comments/notes

This recipe was edited from its original version to remove trans fat and to reduce sodium content and to boost heavy metal detoxification

Original source

<http://whiteonricecouple.com/recipes/brussels-sprouts-gratin/>

Food	Energy/srv	Energy/rec	Protein/srv	Protein/rec	Fat/srv	Fat/rec	Carbs/srv	Carbs/r
2 Tbs. Butter, No Salt, oz	14 kcal	55.9 kcal	0.1 g	0.4 g	1.6 g	6.2 g	0 g	0 g
1 cup parmesean cheese, hard, grated, oz	219.6 kcal	878.4 kcal	20 g	80.1 g	14.5 g	57.9 g	1.8 g	7.2 g
1 1/2 cup Plain Yogurt (Whole Milk), oz	51.3 kcal	205.3 kcal	2.9 g	11.7 g	2.7 g	10.9 g	3.9 g	15.7 g
1 1/2 Lb. Brussels sprouts, raw, oz	72.3 kcal	289 kcal	5.7 g	22.7 g	0.5 g	2 g	15 g	60.1 g
2 Tbls Flour, oz	113.8 kcal	455 kcal	3.2 g	12.9 g	0.3 g	1.2 g	23.9 g	95.4 g
Black Pepper to taste, oz	1.5 kcal	5.8 kcal	0.1 g	0.2 g	0 g	0.1 g	0.4 g	1.5 g
1/4 cup Mayonnaise, homemade, oz	16.2 kcal	64.9 kcal	0.1 g	0.2 g	1.8 g	7.1 g	0.1 g	0.2 g
Turmeric, dash, 0.01 oz	0.2 kcal	0.9 kcal	0 g	0 g	0 g	0 g	0.1 g	0.2 g
TOTAL	488.8 kcal	1955.1 kcal	32.1 g	128.3 g	21.4 g	85.5 g	45.1 g	180.4 g

"/srv" indicates per serving, and "/rec" indicates total in recipe.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Starch	n/a	n/a	n/a	n/a
Sucrose	0.8 g	n/a	n/a	n/a
Glucose (dextrose)	1.4 g	n/a	n/a	n/a
Fructose	1.6 g	n/a	n/a	n/a
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	240.5 g	n/a	n/a	n/a
Sugars, total	8.2 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	7.4 g	n/a	n/a	n/a
Calcium, Ca	844.8 mg	1000 mg	2500 mg	84
Iron, Fe	4.5 mg	9 mg	45 mg	49
Magnesium, Mg	81.7 mg	320 mg	*350 mg	26
Phosphorus, P	621.3 mg	700 mg	4000 mg	89
Potassium, K	881.7 mg	5100 mg	n/a	17
Sodium, Na	854.3 mg	1500 mg	2300 mg	57
Zinc, Zn	3 mg	12 mg	40 mg	25
Copper, Cu	0.2 mg	1300 mg	10000 mg	n/a
Fluoride, F	10.3 µg	3 µg	10 µg	344
Manganese, Mn	0.9 mg	2.6 mg	11 mg	34
Selenium, Se	27.9 µg	70 µg	400 µg	40
Vitamin A, IU	1842.8 IU	n/a	n/a	n/a
Retinol	148.6 µg	n/a	n/a	n/a
Vitamin A, RAE	216.3 µg	1300 µg	3000 µg	17
Carotene, beta	803.4 µg	n/a	n/a	n/a
Carotene, alpha	10.2 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	2 mg	19 mg	1000 mg	11
Vitamin D	12.6 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	0.4 µg	n/a	n/a	n/a
Vitamin D (D2 + D3)	0.4 µg	15 µg	100 µg	3
Lycopene	0.1 µg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lutein + zeaxanthin	2701.2 µg	n/a	n/a	n/a
Tocopherol, beta	n/a	n/a	n/a	n/a
Tocopherol, gamma	0.5 mg	n/a	n/a	n/a
Tocopherol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	143.4 mg	120 mg	2000 mg	120
Thiamin	0.5 mg	1.4 mg	n/a	38
Riboflavin	0.6 mg	1.6 mg	n/a	38
Niacin	3.3 mg	17 mg	35 mg	20
Pantothenic acid	1.3 mg	7 mg	n/a	18
Vitamin B6	0.5 mg	2 mg	100 mg	23
Folate, total	169.9 µg	500 µg	1000 µg	34
Vitamin B12	1 µg	2.8 µg	n/a	35
Choline, total	55 mg	550 mg	3.5 mg	10
Vitamin K (phylloquinone)	300.8 µg	90 µg	n/a	334
Folic acid	48.1 µg	n/a	n/a	n/a
Folate, food	121.8 µg	n/a	n/a	n/a
Folate, DFE	203.6 µg	n/a	n/a	n/a
Tryptophan	0.4 g	n/a	n/a	n/a
Threonine	1.2 g	n/a	n/a	n/a
Isoleucine	1.6 g	n/a	n/a	n/a
Leucine	2.7 g	n/a	n/a	n/a
Lysine	2.4 g	n/a	n/a	n/a
Methionine	0.7 g	n/a	n/a	n/a
Cystine	0.3 g	n/a	n/a	n/a
Phenylalanine	1.6 g	n/a	n/a	n/a
Tyrosine	1.4 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	53.2 mg	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	12.3 g	n/a	n/a	n/a
Phytosterols	44.8 mg	n/a	n/a	n/a
Fatty acids, total monounsaturated	6.8 g	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total polyunsaturated	1 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below 50%. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check <https://docs.nutriadmin.com/reference-for-nutritional-information-and-formulas-in-nutriadmin>