



Community Recipe
from [Sweetnlow257]



Carmalized Brussel Sprouts

Yield: 1 serving

Prep time:25 Minutes

Cook time:20 Minutes

Ingredients

1 pound(s) small Brussels sprouts

2 tablespoon(s) red wine vinegar

2 tablespoon(s) sugar

1/4 cup(s) water

1 tablespoon(s) butter

1/4 teaspoon(s) salt

Preparation

1. Trim stems and remove any wilted outer leaves from Brussels sprouts; wash. Set aside.
2. In a large skillet heat the sugar over medium-high heat until sugar begins to melt, shaking pan occasionally to heat sugar evenly. Once sugar starts to melt, reduce heat and cook until sugar begins to turn brown. Add butter; stir until melted. Add the vinegar. Cook and stir for 1 minute.
3. Carefully add the water and salt. Bring to boiling; add the Brussels sprouts. Return to boiling; reduce heat. Simmer, covered, for 6 minutes. Uncover and cook about 15 minutes more or until most of the liquid has been absorbed and the sprouts are glazed, gently stirring occasionally.
4. Makes 4 servings.

Nutrition Facts (Caramelized Brussels Sprouts) Servings Per Recipe 4,

Calories 94,

Protein (gm) 3,

Carbohydrate (gm) 15,

Fat, total (gm) 3,

Cholesterol (mg) 8,

Saturated fat (gm) 2,

Monosaturated fat (gm) 1,

Dietary Fiber, total (gm) 4,

Sugar, total (gm) 8,

Vitamin A (IU) 777,

Vitamin C (mg) 64,

Thiamin (mg) 0,

Riboflavin (mg) 0,

Niacin (mg) 1,

Pyridoxine (Vit. B6) (mg) 0,

Folate (µg) 40,

Sodium (mg) 191,

Potassium (mg) 358,

Calcium (DV %) 40,

Iron (DV %) 1,

Vegetables () 1,

Other Carb () 1,

Fat () 1,

Percent Daily Values are based on a 2,000 calorie diet

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