



WHATSheATE



## Braised Brussel Sprouts with Pancetta & Balsamic

READY IN



30 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 cup breadcrumbs fresh
- ☐ 2 pound baby brussels sprouts washed and trimmed (cut larger ones in two)
- ☐ 1 cup chicken broth
- ☐ 2 tablespoon garlic minced peeled
- ☐ 2 teaspoon lemon zest
- ☐ 0.5 cup olive oil
- ☐ 2 teaspoon oregano leaves minced

- ☐ 1 cup pancetta    diced
- ☐ 2 tablespoon parsley leaves    chopped
- ☐ 3 tablespoon onion    red minced
- ☐ 6 servings salt and pepper
- ☐ 3 tablespoon butter    unsalted

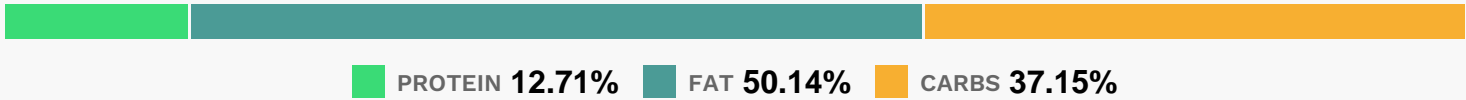
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Heat oven to 350 degrees. In a bowl, mix bread crumbs with the oregano and zest.
- ☐ Pour ¼-cup olive oil onto a cookie sheet, followed by the breadcrumb mixture.
- ☐ Mix well. Toast it in the oven, tossing frequently, until golden brown, 10 to 12 minutes.
- ☐ Heat butter and remaining olive oil in a large skillet over medium–high heat until foamy.
- ☐ Add the Brussels sprouts cut side down, sprinkle with salt and pepper, and saute, until bottoms lightly browned, about 5 minutes. Work in batches until all the sprouts are browned removing them to a plate when finished.Leave liquids in the pan add the diced pancetta, and saute, tossing frequently, until they begin to brown. Return all the sprouts to the pan and cook over medium high heat until well browned and softened slightly, about 8 minutes more. The pancetta will be crisp. Reduce heat; add red onion and garlic, and saute until fragrant, 2 minutes.Increase heat to high, add balsamic vinegar and stock, and cook, tossing frequently, until sprouts are glazed and tender, about 10 minutes; add more stock if needed. Taste, adjusting seasoning if necessary, and sprinkle with chopped parsley.
- ☐ Transfer to a warm serving bowl and scatter breadcrumbs on top.

## Nutrition Facts



## Properties

Glycemic Index:29.33, Glycemic Load:4.67, Inflammation Score:-9, Nutrition Score:28.307391291079%

Flavonoids

Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 483.24kcal (24.16%), Fat: 27.43g (42.2%), Saturated Fat: 9.88g (61.78%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 37.84g (13.76%), Sugar: 9.21g (10.24%), Cholesterol: 41.86mg (13.95%), Sodium: 908.79mg (39.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Vitamin K: 298.73µg (284.5%), Vitamin C: 132.37mg (160.45%), Manganese: 0.98mg (48.89%), Vitamin B1: 0.69mg (45.74%), Folate: 135.68µg (33.92%), Fiber: 7.9g (31.62%), Vitamin A: 1454.67IU (29.09%), Selenium: 20.08µg (28.69%), Vitamin B6: 0.53mg (26.41%), Vitamin B3: 5.26mg (26.32%), Iron: 4.61mg (25.61%), Phosphorus: 235.16mg (23.52%), Potassium: 804.24mg (22.98%), Vitamin B2: 0.35mg (20.48%), Calcium: 159.85mg (15.99%), Vitamin E: 2.36mg (15.75%), Magnesium: 61.81mg (15.45%), Copper: 0.24mg (12.18%), Zinc: 1.75mg (11.65%), Vitamin B5: 0.93mg (9.32%), Vitamin B12: 0.34µg (5.71%), Vitamin D: 0.26µg (1.75%)