



Braised Brussels Sprouts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds brussels sprouts trimmed halved
- 0.3 cup wine dry white
- 2 medium garlic clove thinly sliced
- 1 cup chicken broth low-sodium
- 0.5 cup pancetta
- 1 cup shallots thinly sliced

Equipment

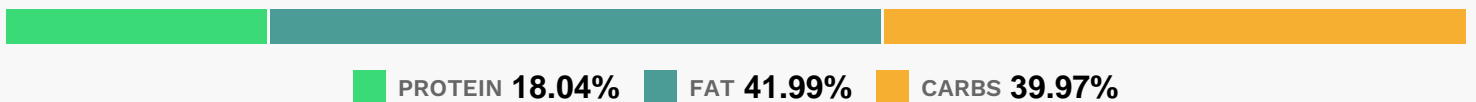
- frying pan

- paper towels
- knife
- slotted spoon

Directions

- Line a plate with paper towels and set aside.
- Place the pancetta in a large frying pan with a tightfitting lid and cook uncovered over medium heat until browned and crispy, about 10 minutes.
- Transfer with a slotted spoon to the prepared plate, leaving the fat in the pan.
- Add shallots and garlic to the pan, season with salt and freshly ground black pepper, and cook, stirring occasionally, until vegetables are softened and edges begin to brown, about 3 minutes.
- Add Brussels sprouts, season with salt and pepper, stir to coat, and cook until just browned, about 3 minutes.
- Pour in wine, scraping up any browned bits from the bottom of the pan, and cook until wine reduces by half, about 2 to 4 minutes.
- Pour in broth, cover, and reduce heat to low. Cook until Brussels sprouts are knife tender, about 20 minutes. Taste, adjust seasoning as desired, transfer to a serving dish, and sprinkle with reserved pancetta.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:3.61, Inflammation Score:-8, Nutrition Score:19.392608746238%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.2mg, Quercetin:

2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 175.35kcal (8.77%), Fat: 8.45g (12.99%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 12.5g (4.54%), Sugar: 5.76g (6.39%), Cholesterol: 13.01mg (4.34%), Sodium: 176.07mg (7.66%), Alcohol: 1.03g (100%), Alcohol %: 0.59% (100%), Protein: 8.16g (16.33%), Vitamin K: 201.09µg (191.51%), Vitamin C: 99.85mg (121.04%), Manganese: 0.53mg (26.39%), Vitamin B6: 0.46mg (22.91%), Fiber: 5.59g (22.37%), Folate: 82.71µg (20.68%), Potassium: 656.79mg (18.77%), Vitamin A: 863.98IU (17.28%), Vitamin B1: 0.24mg (15.88%), Phosphorus: 145.42mg (14.54%), Iron: 2.27mg (12.6%), Vitamin B3: 2.27mg (11.37%), Magnesium: 38.37mg (9.59%), Selenium: 6.4µg (9.15%), Vitamin B2: 0.14mg (8.25%), Vitamin E: 1.1mg (7.33%), Copper: 0.15mg (7.29%), Calcium: 67.49mg (6.75%), Zinc: 0.93mg (6.2%), Vitamin B5: 0.58mg (5.85%), Vitamin B12: 0.14µg (2.3%)