



Brussels Sprouts-and-Chestnut Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts fresh
- ☐ 2 cups honey dried
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 2 cups cooking wine dry red
- ☐ 2 teaspoons olive oil
- ☐ 3 ounces pancetta cubed
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups water

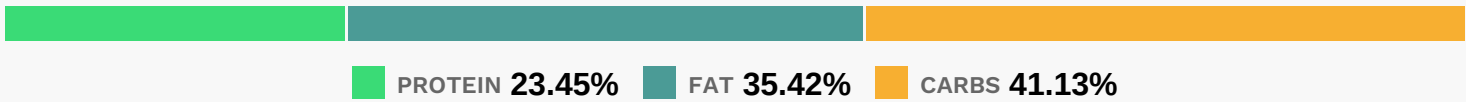
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring first 3 ingredients to a boil in a 2-quart saucepan. Reduce heat, and simmer 1 hour or until chestnuts are soft, adding water as necessary to keep chestnuts covered.
- ☐ Drain, and cool. Break chestnuts in half.
- ☐ Trim brussels sprouts, and cut an "x" in stem ends.
- ☐ Cook brussels sprouts in boiling salted water to cover 8 to 10 minutes or until tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- ☐ Brown pancetta in hot oil in a skillet; add chicken broth, and cook over low heat, stirring to loosen browned particles.
- ☐ Arrange chestnuts and brussels sprouts in a lightly greased 12-inch gratin dish or 11- by-7- inch baking dish.
- ☐ Pour broth mixture over top; sprinkle with breadcrumbs, and dot with butter.
- ☐ Bake at 375 for 25 minutes or until thoroughly bubbly and breadcrumbs are browned.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:8.32, Inflammation Score:-8, Nutrition Score:20.288261009299%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin:

5.12mg Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 305.56kcal (15.28%), Fat: 10.84g (16.67%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 24.5g (8.91%), Sugar: 2.5g (2.78%), Cholesterol: 32.19mg (10.73%), Sodium: 339.67mg (14.77%), Alcohol: 5.04g (100%), Alcohol %: 2.31% (100%), Protein: 16.14g (32.29%), Vitamin K: 162.73µg (154.98%), Vitamin C: 88.61mg (107.4%), Manganese: 0.48mg (23.87%), Vitamin B6: 0.41mg (20.5%), Folate: 81.5µg (20.37%), Selenium: 12.79µg (18.28%), Vitamin B1: 0.27mg (17.95%), Potassium: 587.61mg (16.79%), Vitamin A: 837.33IU (16.75%), Phosphorus: 162.64mg (16.26%), Fiber: 3.81g (15.25%), Vitamin B3: 2.86mg (14.29%), Iron: 2.5mg (13.91%), Zinc: 1.77mg (11.83%), Copper: 0.24mg (11.79%), Magnesium: 42.29mg (10.57%), Vitamin B2: 0.17mg (9.87%), Vitamin B12: 0.49µg (8.11%), Vitamin E: 1.15mg (7.69%), Calcium: 66.64mg (6.66%), Vitamin B5: 0.51mg (5.11%)