

food
network



HEALTH SCORE

93%

Brussels Sprouts Lardons



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



2172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces pancetta italian
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 teaspoons peppercorns whole black
- ☐ 1.5 pounds brussels sprouts trimmed cut in 1/2 2 containers
- ☐ 6 carrots unpeeled halved
- ☐ 4 celery stalks with leaves, cut in thirds
- ☐ 15 pound chickens
- ☐ 15 sprigs thyme 20 sprigs dill fresh

- ☐ 20 sprigs flat-leaf parsley fresh
- ☐ 1 head garlic unpeeled cut in 1/2 crosswise
- ☐ 0.8 cup golden raisins
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons olive oil good
- ☐ 3 large onions unpeeled quartered
- ☐ 4 parsnips unpeeled cut in 1/2, optional

Equipment

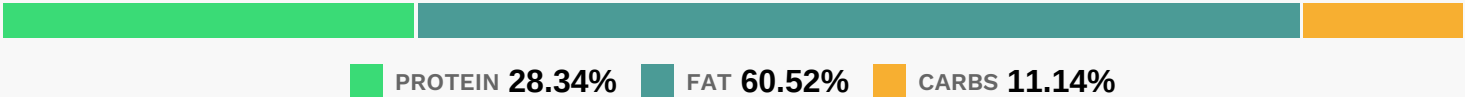
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ colander

Directions

- ☐ Heat the olive oil in a large (12-inch) saute pan and add the pancetta. Cook over medium heat, stirring often, until the fat is rendered and the pancetta is golden brown and crisp, 5 to 10 minutes.
- ☐ Remove the pancetta to a plate lined with a paper towel.
- ☐ Add the Brussels sprouts, salt, and pepper to the fat in the pan and saute over medium heat for about 5 minutes, until lightly browned.
- ☐ Add the raisins and chicken stock. Lower the heat and cook uncovered, stirring occasionally, until the sprouts are tender when pierced with a knife, about 15 minutes. If the skillet becomes too dry, add a little chicken stock or water. Return the pancetta to the pan, heat through, season to taste, and serve.
- ☐ Place the chickens, onions, carrots, celery, parsnips, parsley, thyme, dill, garlic, salt, and peppercorns in a 16 to 20-quart stockpot with 7 quarts of water and bring to a boil. Skim the surface as needed. Simmer uncovered for 4 hours. Strain the entire contents of the pot through a colander, discarding the chicken and vegetables, and chill. Discard the hardened

fat, and then pack the broth in quart containers.

Nutrition Facts



Properties

Glycemic Index:64.58, Glycemic Load:20.84, Inflammation Score:-10, Nutrition Score:74.178260875785%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 7.27mg, Apigenin: 7.27mg, Apigenin: 7.27mg, Apigenin: 7.27mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 19.36mg, Quercetin: 19.36mg, Quercetin: 19.36mg, Quercetin: 19.36mg

Nutrients (% of daily need)

Calories: 2171.76kcal (108.59%), Fat: 144.97g (223.03%), Saturated Fat: 41.15g (257.21%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 46.3g (16.84%), Sugar: 24.38g (27.08%), Cholesterol: 730.62mg (243.54%), Sodium: 3466.51mg (150.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 152.74g (305.48%), Vitamin A: 18377.25IU (367.55%), Vitamin B3: 56.92mg (284.59%), Vitamin K: 294.1µg (280.09%), Vitamin C: 149.95mg (181.76%), Vitamin B6: 3.37mg (168.36%), Phosphorus: 1635.01mg (163.5%), Selenium: 106.73µg (152.47%), Vitamin B12: 8.34µg (138.95%), Vitamin B2: 1.7mg (99.82%), Vitamin B5: 9.92mg (99.21%), Folate: 387.23µg (96.81%), Manganese: 1.75mg (87.27%), Potassium: 3018.37mg (86.24%), Zinc: 12.47mg (83.16%), Iron: 14.86mg (82.55%), Magnesium: 244.3mg (61.08%), Vitamin B1: 0.91mg (60.56%), Fiber: 13.78g (55.1%), Copper: 0.88mg (44%), Vitamin E: 3.82mg (25.5%), Calcium: 240.44mg (24.04%)