



Brussels Sprouts with Caramelized Onions

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts trimmed
- 1 tablespoon olive oil extra-virgin
- 1 onion thinly sliced
- 4 ounces pancetta cut into thin strips
- 8 servings salt and pepper

Equipment

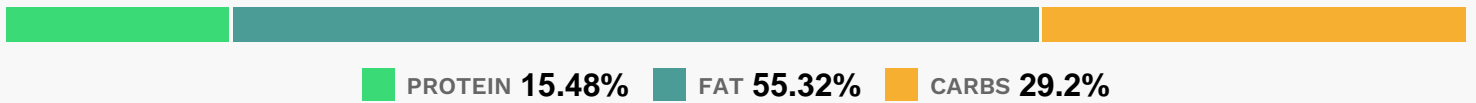
- frying pan
- pot

slotted spoon

Directions

- Bring a large pot of salted water to a boil.
- Add Brussels sprouts and cook until al dente, about 6 minutes.
- Drain and rinse under cold water. Pat dry and cut in half.
- Warm oil in a large skillet over medium heat.
- Add pancetta and fry until crisp, about 10 minutes.
- Remove pancetta to a plate with a slotted spoon.
- Add onion to fat in skillet, reduce heat to medium-low and cook, stirring often, until onion is soft and browned, 15 to 18 minutes.
- Add Brussels sprouts to skillet and gently stir until heated through, 6 to 8 minutes. Return pancetta to skillet. Season with salt and pepper.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:14.804782608281%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 116.65kcal (5.83%), Fat: 7.64g (11.76%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 5.61g (2.04%), Sugar: 2.45g (2.73%), Cholesterol: 9.36mg (3.12%), Sodium: 309.47mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Vitamin K: 151.64µg (144.42%), Vitamin C: 73.31mg (88.86%), Manganese: 0.31mg (15.32%), Fiber: 3.47g (13.86%), Folate: 54.49µg (13.62%), Vitamin A: 646.79IU (12.94%), Vitamin B6: 0.24mg (12.02%), Vitamin B1: 0.16mg (10.91%), Potassium: 379.04mg (10.83%), Phosphorus: 83.08mg (8.31%), Iron: 1.29mg (7.16%), Vitamin E: 1.06mg (7.09%), Selenium: 4.28µg (6.11%), Vitamin B3: 1.22mg

(6.1%), Magnesium: 22.64mg (5.66%), Vitamin B2: 0.09mg (5.4%), Calcium: 39.73mg (3.97%), Zinc: 0.55mg (3.66%),
Vitamin B5: 0.36mg (3.58%), Copper: 0.07mg (3.55%), Vitamin B12: 0.07µg (1.18%)