



Brussels Sprouts with Chestnuts, Pancetta and Parsley

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings pepper black freshly ground
- 2.3 pounds brussels sprouts
- 2 tablespoons butter
- 8 ounces vacuum-packed chestnuts
- 1 large handful parsley fresh divided chopped
- 2 fluid ounces marsala wine
- 9 ounces pancetta cut into 1/2-inch cubes

- 1 tablespoon vegetable oil

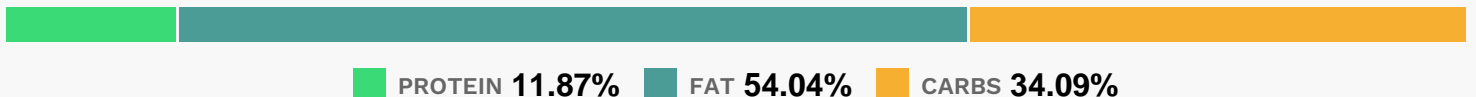
Equipment

- frying pan
- sauce pan
- wooden spoon
- spatula

Directions

- Slice the bottoms off each of the Brussels sprouts, cutting a cross onto the base as you go.
- Place the Brussels sprouts into a large saucepan of salted boiling water. Cook the Brussels sprouts for 5 minutes, or until they are tender but still retain a bit of bite.
- Remove the pan from the heat and drain the excess water from the Brussels sprouts.
- Heat the oil in a large clean saucepan.
- Add the pancetta cubes to the pan and cook until they are crisp and golden-brown in color, but not cooked to the point of having dried out.
- Add the butter and the chestnuts to the pancetta saucepan and with a wooden spoon or spatula, press down on them to break them up into pieces. Once the chestnuts have been warmed through, turn the heat up and add the Marsala to the pan. Cook until the mixture has reduced and thickened slightly.
- Add the sprouts and half the parsley to the saucepan and mix well. Season the Brussels sprouts with freshly ground black pepper.
- To serve, place the Brussels sprouts onto a warmed serving plate and sprinkle the remaining chopped parsley over the top.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:8.88, Inflammation Score:-8, Nutrition Score:20.616086850996%

Flavonoids

Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.01mg, Malvidin: 7.01mg, Malvidin: 7.01mg, Malvidin: 7.01mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Naringenin: 4.2mg, Naringenin: 4.2mg, Naringenin: 4.2mg, Naringenin: 4.2mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 295.8kcal (14.79%), Fat: 17.94g (27.6%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 20.57g (7.48%), Sugar: 3.39g (3.77%), Cholesterol: 28.57mg (9.52%), Sodium: 267.06mg (11.61%), Alcohol: 1.13g (100%), Alcohol %: 0.71% (100%), Protein: 8.87g (17.74%), Vitamin K: 237.54µg (226.23%), Vitamin C: 120.5mg (146.06%), Manganese: 0.55mg (27.55%), Folate: 95.14µg (23.79%), Vitamin B6: 0.46mg (23.24%), Vitamin A: 1111.2IU (22.22%), Vitamin B1: 0.31mg (20.55%), Potassium: 708.36mg (20.24%), Fiber: 4.89g (19.56%), Phosphorus: 146.68mg (14.67%), Vitamin B3: 2.57mg (12.85%), Iron: 2.24mg (12.46%), Selenium: 8.53µg (12.18%), Copper: 0.23mg (11.33%), Magnesium: 42.83mg (10.71%), Vitamin E: 1.48mg (9.9%), Vitamin B2: 0.15mg (8.73%), Vitamin B5: 0.72mg (7.16%), Zinc: 1.07mg (7.11%), Calcium: 63.13mg (6.31%), Vitamin B12: 0.17µg (2.76%)