



Brussels Sprouts with Crisp Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds brussels sprouts trimmed halved
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 ounces pancetta chopped
- ☐ 0.5 teaspoon salt

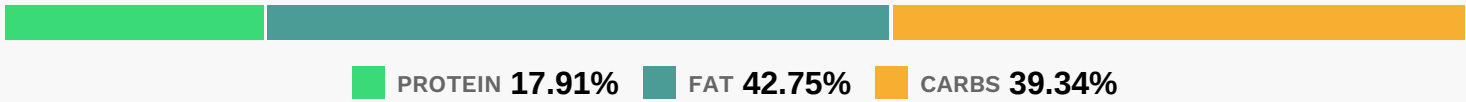
Equipment

- ☐ frying pan

Directions

- ☐ Cook Brussels sprouts in boiling water 3 minutes or until crisp-tender; drain.
- ☐ Heat a large nonstick skillet over medium heat; add prosciutto. Cook 6 minutes or until crisp, stirring occasionally.
- ☐ Remove from pan; set aside.
- ☐ Heat pan coated with cooking spray over medium-high heat.
- ☐ Add Brussels sprouts; saut 3 minutes or until lightly browned.
- ☐ Add butter, salt, and pepper, stirring until butter melts.
- ☐ Remove from heat; drizzle with juice.
- ☐ Add prosciutto; toss to combine.
- ☐ Note: Pull off any limp outer leaves, and closely trim the stem end-don't cut too much off, or the Brussels sprouts may fall apart.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:16.425217447074%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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 Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 95.8kcal (4.79%), Fat: 5.05g (7.78%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 6.13g (2.23%), Sugar: 2.56g (2.84%), Cholesterol: 9.69mg (3.23%), Sodium: 284.1mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Vitamin K: 201.01µg (191.44%), Vitamin C: 97.36mg (118.01%), Manganese: 0.39mg (19.72%), Vitamin A: 916.56IU (18.33%), Folate: 69.76µg (17.44%), Fiber: 4.34g (17.35%), Vitamin B6: 0.27mg (13.43%), Potassium: 459.43mg (13.13%), Vitamin B1: 0.18mg (11.87%), Iron: 1.63mg (9.05%), Phosphorus: 89.34mg (8.93%), Vitamin E: 1.09mg (7.25%), Magnesium: 27.28mg (6.82%), Vitamin

B2: 0.11mg (6.42%), Vitamin B3: 1.13mg (5.67%), Calcium: 49.18mg (4.92%), Selenium: 3.27µg (4.67%), Copper: 0.08mg (4.2%), Vitamin B5: 0.4mg (3.97%), Zinc: 0.56mg (3.76%)