



Brussels Sprouts with Ham

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds brussels sprouts
- ☐ 1 cup ham diced
- ☐ 0.3 cup olive oil
- ☐ 25 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon whole-grain mustard to taste

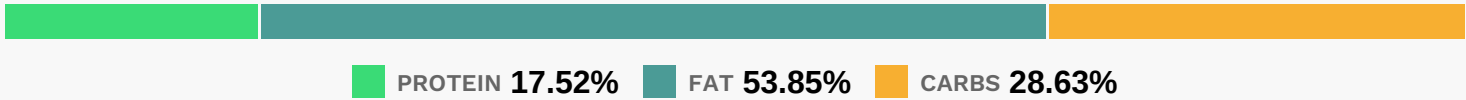
Equipment

- ☐ frying pan

Directions

- ☐ Trim stem end from each Brussels sprout, cut in half lengthwise, then slice each half crosswise into thin ribbons.
- ☐ Warm oil in a 12-inch skillet over medium-high heat until hot but not smoking.
- ☐ Add ham and cook, stirring occasionally, until browned in spots, 3 to 5 minutes.
- ☐ Add sprouts and cook, stirring, until they begin to wilt and turn bright green, about 5 minutes (they will shrink as they cook, so your pan may be full at first).
- ☐ Season sprouts with salt, pepper and mustard; continue cooking and stirring until sprouts are tender but still bright green, about 8 minutes. If they begin to brown, reduce heat.
- ☐ Remove pan from heat, stir in sour cream and serve.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:6.8452173400184%

Flavonoids

Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 44.5kcal (2.23%), Fat: 2.9g (4.46%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.97g (1.07%), Cholesterol: 3.8mg (1.27%), Sodium: 269.66mg (11.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin K: 65.57µg (62.45%), Vitamin C: 30.87mg (37.42%), Manganese: 0.13mg (6.28%), Vitamin A: 288.36IU (5.77%), Fiber: 1.4g (5.62%), Folate: 22.32µg (5.58%), Vitamin E: 0.64mg (4.27%), Potassium: 144.99mg (4.14%), Vitamin B6: 0.08mg (4.04%), Vitamin B1: 0.05mg (3.47%), Iron: 0.56mg (3.12%), Phosphorus: 27.43mg (2.74%), Magnesium: 8.87mg (2.22%), Vitamin B2: 0.04mg (2.17%), Calcium: 18.08mg (1.81%), Vitamin B3: 0.28mg (1.38%), Copper: 0.03mg (1.32%), Selenium: 0.87µg (1.24%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.16mg (1.1%)