



HEALTH SCORE

60%

Brussels Sprouts with Honey-Glazed Pearl Onions and Capocollo



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.8 pounds brussels sprouts trimmed quartered
- ☐ 2 ounces capocollo ham chopped
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 cups pearl onions
- ☐ 0.3 cup water

☐ 3 quarts water

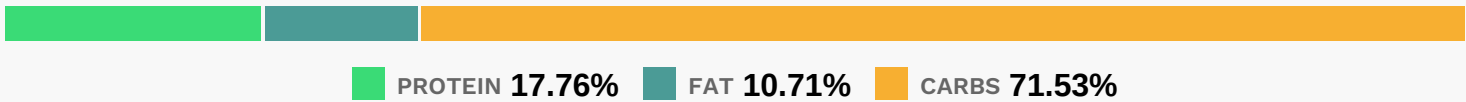
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring 3 quarts of water to a boil in a Dutch oven.
- ☐ Add onions; cook 1 minute.
- ☐ Remove onions with a slotted spoon.
- ☐ Drain and rinse under cold running water; drain. Set aside.
- ☐ Add Brussels sprouts to boiling water; boil 2 minutes or until crisp-tender.
- ☐ Drain. Pinch stem end of each onion; discard peels.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add ham; saut 5 minutes or until lightly browned.
- ☐ Remove from pan. Wipe pan with a paper towel; recoat pan with cooking spray.
- ☐ Add peeled onions; cook over medium heat 5 minutes.
- ☐ Add Brussels sprouts and 1/4 cup water; cover and cook 8 minutes or tender, stirring occasionally.
- ☐ Sprinkle with freshly ground black pepper and kosher salt.
- ☐ Drizzle with honey; stir gently. Top with ham.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:5.49, Inflammation Score:-8, Nutrition Score:15.446087075316%

Flavonoids

Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg, Quercetin: 15.93mg

Nutrients (% of daily need)

Calories: 95.7kcal (4.79%), Fat: 1.26g (1.94%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 14.73g (5.36%), Sugar: 9.93g (11.03%), Cholesterol: 3.52mg (1.17%), Sodium: 162.89mg (7.08%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.72g (9.43%), Vitamin K: 140.95µg (134.24%), Vitamin C: 72.76mg (88.19%), Manganese: 0.38mg (18.89%), Fiber: 4.26g (17.04%), Folate: 62.22µg (15.55%), Vitamin B6: 0.28mg (14.12%), Potassium: 433.24mg (12.38%), Vitamin A: 600.48IU (12.01%), Vitamin B1: 0.18mg (11.81%), Phosphorus: 87.9mg (8.79%), Iron: 1.35mg (7.48%), Magnesium: 29.63mg (7.41%), Copper: 0.14mg (6.9%), Vitamin B2: 0.11mg (6.22%), Calcium: 59.61mg (5.96%), Vitamin E: 0.73mg (4.89%), Vitamin B3: 0.94mg (4.68%), Selenium: 2.97µg (4.24%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.36mg (3.64%)