



Brussels Sprouts with Pancetta

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2.5 pounds brussels sprouts trimmed
- 1 tablespoon cider vinegar
- 0.3 teaspoon kosher salt
- 1 tablespoon kosher salt
- 4 ounces pancetta chopped

Equipment

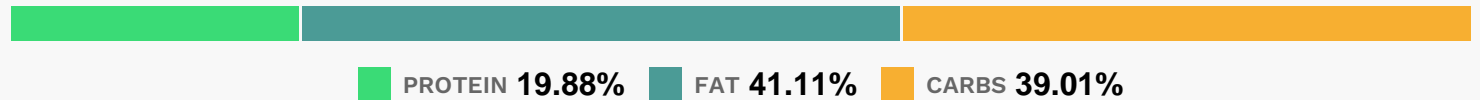
- bowl

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 45
- Cook Brussels sprouts and 1 tablespoon salt in boiling water 6 minutes or until almost tender.
- Drain and plunge into ice water; drain well.
- Cook pancetta in a large skillet over medium-low heat until crisp, stirring occasionally.
- Remove pancetta from pan, reserving drippings.
- Cut Brussels sprouts in half lengthwise; place on a baking sheet.
- Add reserved drippings, 1/4 teaspoon salt, and pepper; toss to coat.
- Bake at 450 for 15 minutes or until browned, stirring after 10 minutes.
- Combine Brussels sprouts, pancetta, and vinegar in a large bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:16.586087050645%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg 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: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 96.49kcal (4.82%), Fat: 4.84g (7.45%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 6.02g (2.19%), Sugar: 2.5g (2.78%), Cholesterol: 7.48mg (2.49%), Sodium: 859.28mg (37.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin K: 200.8µg (191.23%), Vitamin C: 96.39mg (116.83%), Manganese: 0.4mg (19.77%), Folate: 69.18µg (17.3%), Fiber: 4.32g (17.29%), Vitamin A: 859.49IU (17.19%), Vitamin B6: 0.28mg (13.93%), Potassium: 465.49mg (13.3%), Vitamin B1: 0.19mg (12.6%), Phosphorus: 94.77mg (9.48%), Iron: 1.65mg (9.16%), Vitamin E: 1.05mg (6.98%), Magnesium: 27.62mg (6.91%), Vitamin B2: 0.11mg

(6.55%), Vitamin B3: 1.3mg (6.51%), Selenium: 4.1µg (5.86%), Calcium: 48.99mg (4.9%), Copper: 0.09mg (4.28%),
Vitamin B5: 0.41mg (4.14%), Zinc: 0.61mg (4.09%)