



WHATSHATE



Brussels Sprouts with Pancetta



Gluten Free

READY IN



27 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts fresh trimmed halved
- ☐ 2 tablespoons olive oil
- ☐ 6 slices pancetta (1/8-inch-thick)
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

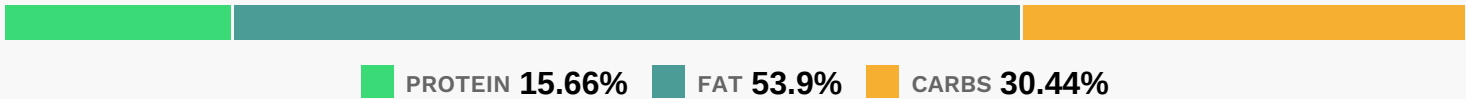
- ☐ frying pan

- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Toss together Brussels sprouts and next 3 ingredients in a 15- x 10-inch jelly-roll pan.
- ☐ Bake 17 to 20 minutes or until sprouts are tender and edges are lightly browned, stirring occasionally.
- ☐ Meanwhile, cook pancetta in a large skillet over medium heat 8 to 10 minutes or until crisp.
- ☐ Remove pancetta, and drain on paper towels. Crumble pancetta.
- ☐ Remove sprouts from oven, and place in a large serving dish. Top with cheese and crumbled pancetta.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:16.759565262691%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg 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: 126.27kcal (6.31%), Fat: 8.18g (12.59%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 6.08g (2.21%), Sugar: 2.5g (2.77%), Cholesterol: 7.47mg (2.49%), Sodium: 181.55mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Vitamin K: 202.93µg (193.27%), Vitamin C: 96.39mg (116.83%), Manganese: 0.39mg (19.6%), Folate: 69.22µg (17.31%), Fiber: 4.32g (17.3%), Vitamin A: 864.65IU (17.29%), Vitamin B6: 0.28mg (13.85%), Potassium: 463.94mg (13.26%), Vitamin B1: 0.19mg (12.46%), Vitamin E: 1.55mg (10.34%), Phosphorus: 97.43mg (9.74%), Iron: 1.66mg (9.22%), Magnesium: 27.67mg (6.92%), Vitamin B2: 0.11mg (6.64%), Vitamin B3: 1.27mg (6.34%), Selenium: 4.15µg (5.92%), Calcium: 54.03mg (5.4%), Copper: 0.08mg (4.25%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.06µg (1.02%)