



Brussels Sprouts With Prosciutto and Walnuts



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds brussels sprouts trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons orange juice freshly squeezed
- ☐ 0.3 teaspoon orange zest grated
- ☐ 2 ounces pancetta fat trimmed thinly sliced
- ☐ 0.3 cup walnuts chopped

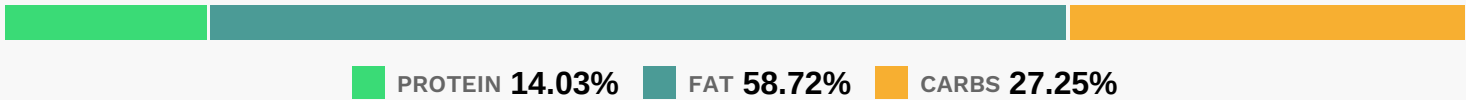
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Toast walnuts on baking sheet for 810 minutes, stirring halfway through.
- ☐ Remove and cool to room temperature. Increase oven temperature to 42
- ☐ Slice large sprouts in half, if needed, so all are about the same size. Toss sprouts in large bowl with remaining ingredients.
- ☐ Spread on rimmed baking sheet in even layer.
- ☐ Roast for 2530 minutes, stirring halfway through, or until browned and tender. Toss with toasted walnuts, and serve warm.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:17.756087015504%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 3.78mg, Naringenin: 3.78mg, Naringenin: 3.78mg, Naringenin: 3.78mg 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: 152.33kcal (7.62%), Fat: 10.78g (16.58%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 6.58g (2.39%), Sugar: 2.82g (3.13%), Cholesterol: 6.24mg (2.08%), Sodium: 188.01mg (8.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Vitamin K: 203.09µg (193.42%), Vitamin C: 97.73mg (118.46%), Manganese: 0.56mg (28.04%), Fiber: 4.67g (18.68%), Folate: 74.69µg (18.67%), Vitamin A:

864.97IU (17.3%), Vitamin B6: 0.3mg (15.05%), Potassium: 487.33mg (13.92%), Vitamin B1: 0.2mg (13.51%), Phosphorus: 109.27mg (10.93%), Vitamin E: 1.58mg (10.52%), Iron: 1.8mg (10.01%), Magnesium: 35.34mg (8.83%), Copper: 0.16mg (8.16%), Vitamin B2: 0.12mg (6.94%), Vitamin B3: 1.29mg (6.45%), Selenium: 3.96µg (5.66%), Calcium: 53.73mg (5.37%), Zinc: 0.74mg (4.94%), Vitamin B5: 0.44mg (4.37%)