



 **63%**
HEALTH SCORE

Brussels Sprouts with Shallots and Salt Pork

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



55 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts trimmed halved
- 1 tablespoons dill pickles jarred
- 10 servings pepper black freshly ground
- 1.5 cups shallots peeled quartered

Equipment

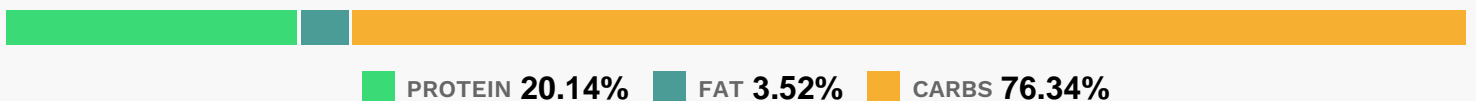
- bowl
- frying pan
- paper towels

sauce pan

Directions

- Blanch salt pork in a large saucepan of boiling water for 1 minute. Using a slotted spoon, transfer salt pork to a paper towel-lined plate to drain. Set aside. **DO AHEAD:** Salt pork can be blanched 1 day ahead. Cover and chill.
- Cook salt pork in a large heavy skillet over medium heat, stirring occasionally, until about 3/4 cup fat is rendered, 10–12 minutes. Carefully strain drippings into a small bowl; return 2 tablespoons drippings and pork to pan.
- Increase heat to medium–high and cook, stirring occasionally, until salt pork is browned and crisp, 5–6 minutes.
- Transfer to paper towels to drain.
- Reduce heat to medium.
- Add 2 tablespoons drippings to skillet; add shallots, cut sides down. Cook, turning once or twice, until tender and browned, 10–12 minutes. Season with salt and pepper.
- Transfer shallots to a serving platter.
- Increase heat to medium–high.
- Add 2 tablespoons more salt pork drippings to skillet. Working in 2 batches and adding 2 more tablespoons drippings between batches, cook brussels sprouts, turning occasionally, until tender and browned.
- Transfer brussels sprouts to platter with shallots. **DO AHEAD:** Shallots and brussels sprouts can be made 1 hour ahead.
- Let stand at room temperature. Rewarm shallots and brussels sprouts together in same skillet over medium heat before continuing.
- Drizzle shallots and brussels sprouts with 1 tablespoon pickle juice. Season to taste with salt and pepper and 1 tablespoon more pickle juice, if desired. Scatter salt pork over.

Nutrition Facts



Properties

Glycemic Index: 9.4, Glycemic Load: 2.58, Inflammation Score: -7, Nutrition Score: 13.48565228089%

Flavonoids

Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 55.24kcal (2.76%), Fat: 0.25g (0.38%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 8.38g (3.05%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 33.24mg (1.45%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin K: 121.12µg (115.36%), Vitamin C: 60.7mg (73.58%), Manganese: 0.35mg (17.32%), Fiber: 3.76g (15.04%), Vitamin B6: 0.27mg (13.61%), Folate: 53.71µg (13.43%), Potassium: 386.19mg (11.03%), Vitamin A: 517.69IU (10.35%), Vitamin B1: 0.12mg (7.78%), Iron: 1.39mg (7.73%), Phosphorus: 68.63mg (6.86%), Magnesium: 23.38mg (5.84%), Calcium: 42.95mg (4.29%), Vitamin E: 0.62mg (4.11%), Vitamin B2: 0.07mg (4.08%), Copper: 0.08mg (4.03%), Vitamin B5: 0.32mg (3.15%), Vitamin B3: 0.58mg (2.9%), Zinc: 0.43mg (2.87%), Selenium: 1.52µg (2.17%)