



WHATSheATE



HEALTH SCORE

63%

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 juice from dill pickles jarred



10 servings kosher salt and pepper black freshly ground



1.5 cups shallots peeled quartered

Equipment



bowl



frying pan



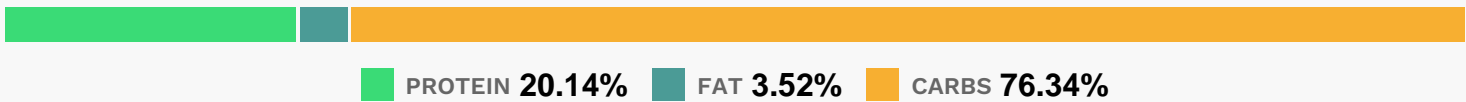
paper towels

☐ 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 (100%), 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%)