



Bumped-Up Brussels Sprouts

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons balsamic vinegar
- 2 pints brussels sprouts trimmed halved
- 4 tablespoons capers drained
- 0.3 cup currants
- 3 tablespoons olive oil extra-virgin
- 6 ounces pancetta
- 0.3 cup pinenuts
- 0.3 cup raisins

4 servings salt and pepper black freshly ground

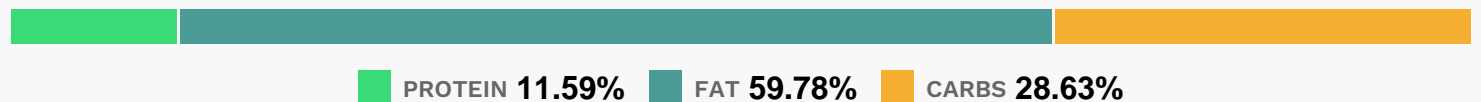
Equipment

- bowl
- frying pan
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a medium pan over medium heat, cook the pancetta and capers.
- Remove from the pan, reserving a little of the pancetta fat in the pan.
- Add the Brussels sprouts to the pan and cook over medium heat to begin to brown. Dress with balsamic and olive oil, a little salt (capers and pancetta are salty) and pepper.
- Place into the oven and roast, tossing a couple of times, until nicely caramelized, 15 to 20 minutes.
- Put the pine nuts in a small, dry, saute pan and toast over a low flame, tossing a couple of times, just until lightly browned, 3 to 4 minutes.
- Once the sprouts are ready, remove them from the oven and put into a big serving bowl.
- Add the pancetta, the capers, pine nuts, currants and raisins. Toss and check for seasoning.
- Serve.

Nutrition Facts



Properties

Glycemic Index:49.45, Glycemic Load:9.87, Inflammation Score:-9, Nutrition Score:32.606521891511%

Flavonoids

Naringenin: 7.78mg, Naringenin: 7.78mg, Naringenin: 7.78mg, Naringenin: 7.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Kaempferol: 12.54mg, Kaempferol: 12.54mg, Kaempferol: 12.54mg, Kaempferol: 12.54mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

Nutrients (% of daily need)

Calories: 507.89kcal (25.39%), Fat: 35.92g (55.27%), Saturated Fat: 7.84g (49.03%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 28.01g (10.19%), Sugar: 12.15g (13.5%), Cholesterol: 28.07mg (9.36%), Sodium: 570.42mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Vitamin K: 433.57µg (412.93%), Vitamin C: 202.45mg (245.39%), Manganese: 1.89mg (94.27%), Fiber: 10.7g (42.8%), Folate: 151.17µg (37.79%), Vitamin A: 1821.03IU (36.42%), Potassium: 1227.74mg (35.08%), Vitamin B6: 0.69mg (34.38%), Vitamin B1: 0.51mg (34.22%), Vitamin E: 4.91mg (32.72%), Phosphorus: 306.97mg (30.7%), Iron: 4.76mg (26.43%), Magnesium: 97.25mg (24.31%), Vitamin B3: 4.27mg (21.33%), Copper: 0.42mg (20.95%), Vitamin B2: 0.31mg (18.44%), Selenium: 12.63µg (18.04%), Zinc: 2.3mg (15.35%), Calcium: 119.12mg (11.91%), Vitamin B5: 1.01mg (10.14%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.17µg (1.13%)