



Caramelized Brussels Sprouts with Pancetta

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pounds brussels sprouts
- 30 servings kosher salt
- 0.3 cup oil-packed sun-dried tomatoes drained chopped
- 6 tablespoons olive oil extra-virgin
- 2 ounces thickly pancetta sliced cut into 1/4-inch dice
- 9 cups shallots thinly sliced

Equipment

- bowl

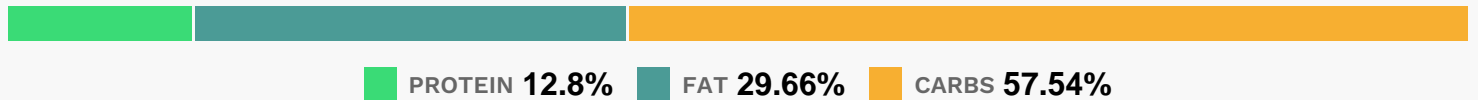
frying pan

pot

Directions

- In a large pot of boiling salted water, cook the brussels sprouts until crisp-tender, about 5 minutes.
- Drain and pat dry.
- Cut the brussels sprouts in half lengthwise.
- In a large, deep skillet, heat 2 tablespoons of the oil.
- Add the shallots and cook over moderately low heat, stirring, until lightly browned, 10 minutes; scrape into a bowl.
- Add the remaining 1/4 cup of oil to the skillet.
- Add the brussels sprouts, cut side down, and the pancetta. Season with salt and cook over high heat, stirring occasionally, until the sprouts are browned and tender, 10 minutes.
- Add the sun-dried tomatoes and shallots and cook, stirring, until warm, 5 minutes. Season with salt, transfer to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:3.07, Glycemic Load:3.76, Inflammation Score:-6, Nutrition Score:12.307826164786%

Flavonoids

Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 105.61kcal (5.28%), Fat: 3.78g (5.82%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 12.41g (4.51%), Sugar: 6.93g (7.7%), Cholesterol: 1.25mg (0.42%), Sodium: 227.2mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin K: 82.93µg (78.98%), Vitamin C: 44.59mg (54.05%), Manganese: 0.38mg (18.89%), Vitamin B6: 0.35mg (17.61%), Fiber: 4.11g (16.43%), Folate: 52.42µg (13.11%), Potassium: 448.76mg (12.82%), Iron: 1.6mg (8.86%), Phosphorus: 79.87mg (7.99%), Vitamin B1: 0.12mg (7.71%),

Vitamin A: 353.56IU (7.07%), Magnesium: 27.35mg (6.84%), Vitamin E: 0.84mg (5.59%), Copper: 0.11mg (5.41%), Calcium: 46.56mg (4.66%), Vitamin B5: 0.38mg (3.76%), Vitamin B2: 0.06mg (3.59%), Zinc: 0.52mg (3.44%), Vitamin B3: 0.64mg (3.19%), Selenium: 2.01µg (2.87%)