



Caramelized Shallots and Brussels Sprouts with Pancetta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons brown sugar
- ☐ 1.5 pounds brussels sprouts halved
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce pancetta finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup shallots thinly sliced

☐ 2 teaspoons vermouth

Equipment

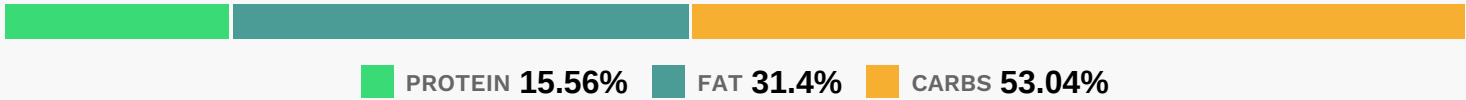
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange Brussels sprouts on a jelly-roll pan coated with cooking spray.
- ☐ Drizzle with oil; toss to coat.
- ☐ Bake at 400 for 15 minutes.
- ☐ Add shallots, pepper, salt, and pancetta to pan; toss well.
- ☐ Bake at 400 for 10 minutes.
- ☐ Add sugar and vermouth; toss to coat.
- ☐ Bake an additional 10 minutes or until caramelized.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:17.51869564471%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg 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: 119.9kcal (6%), Fat: 4.58g (7.05%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 12.22g (4.44%), Sugar: 7.15g (7.95%), Cholesterol: 3.12mg (1.04%), Sodium: 160.5mg (6.98%), Alcohol: 0.16g (100%), Alcohol %: 0.13% (100%), Protein: 5.11g (10.22%), Vitamin K: 202.6µg (192.95%), Vitamin C: 98.49mg (119.38%), Manganese: 0.48mg (24.13%), Fiber: 5.19g (20.77%), Folate: 78.17µg (19.54%), Vitamin B6: 0.35mg (17.66%), Vitamin A: 858.73IU (17.17%), Potassium: 544.08mg (15.55%), Vitamin B1: 0.19mg (12.44%), Iron:

1.97mg (10.95%), Phosphorus: 101.19mg (10.12%), Vitamin E: 1.37mg (9.11%), Magnesium: 32.7mg (8.17%), Vitamin B2: 0.11mg (6.56%), Calcium: 60.62mg (6.06%), Vitamin B3: 1.09mg (5.46%), Copper: 0.11mg (5.4%), Vitamin B5: 0.46mg (4.59%), Selenium: 3.12µg (4.46%), Zinc: 0.64mg (4.27%)