



Oven-Roasted Brussels Sprouts

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds brussels sprouts fresh trimmed halved
- ☐ 4 ounces country ham thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 2 teaspoons kosher salt divided
- ☐ 7 tablespoons olive oil divided
- ☐ 0.5 teaspoon cracked pepper black

☐ 2 pounds onions yellow thinly sliced

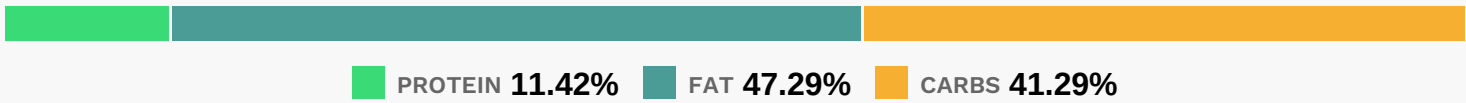
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 42
- ☐ Heat a 15- x 10-inch jelly-roll pan in oven 10 minutes.
- ☐ Saut ham in 3 Tbsp. hot oil in a large skillet over medium heat 3 to 5 minutes or until crisp; remove with a slotted spoon, and drain on paper towels.
- ☐ Heat 2 Tbsp. oil in skillet over medium-high heat; add onions, and cook, stirring occasionally, 15 to 20 minutes or until light brown and tender. Stir in honey, next 2 ingredients, and 1 tsp. salt.
- ☐ Toss sprouts with remaining 2 Tbsp. olive oil, 1/2 tsp. freshly ground black pepper, and remaining 1 tsp. salt.
- ☐ Place sprouts, cut sides down, in hot jelly-roll pan, and bake 20 to 25 minutes. Toss with ham and caramelized onions.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:8.8, Inflammation Score:-9, Nutrition Score:20.268260911755%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 25.2mg, Quercetin: 25.2mg, Quercetin: 25.2mg, Quercetin: 25.2mg

Nutrients (% of daily need)

Calories: 269.89kcal (13.49%), Fat: 15.1g (23.23%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 23.33g (8.48%), Sugar: 16.01g (17.79%), Cholesterol: 8.79mg (2.93%), Sodium: 783.25mg (34.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.41%), Vitamin K: 209µg (199.05%), Vitamin C: 104.88mg (127.13%), Manganese: 0.57mg (28.68%), Fiber: 6.34g (25.35%), Folate: 91.46µg (22.87%), Vitamin B6: 0.44mg (22.15%), Vitamin B1: 0.3mg (19.7%), Vitamin E: 2.86mg (19.05%), Potassium: 657.55mg (18.79%), Vitamin A: 884.66IU (17.69%), Phosphorus: 142.47mg (14.25%), Iron: 2.1mg (11.65%), Magnesium: 40.86mg (10.22%), Vitamin B2: 0.17mg (9.94%), Vitamin B3: 1.63mg (8.15%), Selenium: 5.7µg (8.15%), Calcium: 77.02mg (7.7%), Copper: 0.14mg (7.16%), Zinc: 1.03mg (6.85%), Vitamin B5: 0.57mg (5.65%), Vitamin B12: 0.09µg (1.51%)