



Roasted Brussels Sprouts and Prosciutto Poppers

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 pound brussels sprouts halved
- 8 servings sea salt to taste
- 8 servings ground pepper black to taste
- 2 tablespoons olive oil extra-virgin
- 0.3 pound pancetta thinly sliced cut into chunks
- 8 servings toothpicks
- 8 servings toothpicks

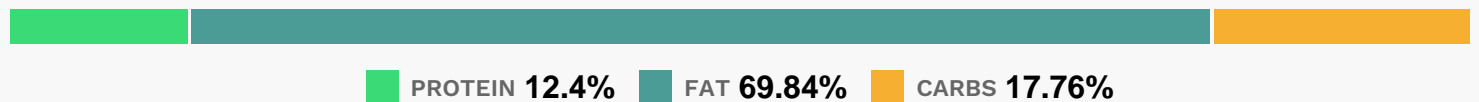
Equipment

- frying pan
- baking sheet
- oven
- toothpicks

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Toss Brussels sprouts with olive oil in a rimmed baking sheet. Season with salt and pepper.
- Roast in preheated oven for 25 minutes. Stir Brussels sprouts and continue baking until tender, about 15 minutes more.
- Heat a skillet over medium-high heat; cook and stir prosciutto until crisp, about 5 minutes.
- Remove from heat.
- Allow Brussels sprouts to rest for 5 minutes. Thread a Brussels sprout half on a toothpick, followed by a few chunks of prosciutto and another sprout half. Repeat with remaining sprouts and prosciutto.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:11.436086727225%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 114.68kcal (5.73%), Fat: 9.3g (14.31%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.25g (1.39%), Cholesterol: 9.36mg (3.12%), Sodium: 301.89mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin K: 102.63µg (97.74%), Vitamin C: 48.19mg

(58.42%), Manganese: 0.21mg (10.29%), Fiber: 2.18g (8.72%), Vitamin A: 433.3IU (8.67%), Folate: 34.6µg (8.65%), Vitamin B6: 0.16mg (8.11%), Vitamin B1: 0.12mg (7.87%), Potassium: 250.03mg (7.14%), Vitamin E: 1.06mg (7.1%), Phosphorus: 59.69mg (5.97%), Selenium: 3.76µg (5.37%), Vitamin B3: 0.99mg (4.97%), Iron: 0.88mg (4.9%), Magnesium: 14.92mg (3.73%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.26mg (2.55%), Calcium: 25.12mg (2.51%), Copper: 0.05mg (2.36%), Vitamin B12: 0.07µg (1.18%)