



Roasted Brussels Sprouts with Ham and Garlic

 Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds brussels sprouts trimmed halved
- ☐ 1 ounce country ham finely chopped
- ☐ 3 garlic clove thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.5 teaspoon salt

☐ 1 ounce sandwich bread white

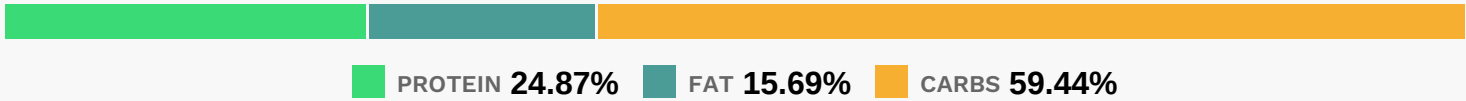
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Place bread in a food processor; pulse 2 times or until crumbly.
- ☐ Sprinkle crumbs on a baking sheet; bake at 425 for 5 minutes or until golden. Reduce oven temperature to 37
- ☐ Set aside 3 tablespoons toasted breadcrumbs, reserving remaining breadcrumbs for another use.
- ☐ Combine sprouts and next 5 ingredients (sprouts through garlic) in a 3-quart baking dish coated with cooking spray, tossing to coat.
- ☐ Bake at 375 for 30 minutes or until sprouts are tender and lightly browned on edges, stirring twice.
- ☐ Combine 3 tablespoons breadcrumbs and Parmesan cheese; sprinkle over sprouts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:16.573478286033%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.98mg,

Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 68.76kcal (3.44%), Fat: 1.38g (2.12%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 7.37g (2.68%), Sugar: 2.7g (3%), Cholesterol: 2.03mg (0.68%), Sodium: 178.07mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin K: 200.95µg (191.38%), Vitamin C: 97.59mg (118.29%), Manganese: 0.41mg (20.49%), Folate: 72.45µg (18.11%), Fiber: 4.39g (17.55%), Vitamin A: 861.77IU (17.24%), Vitamin B6: 0.27mg (13.54%), Potassium: 457.01mg (13.06%), Vitamin B1: 0.19mg (12.41%), Iron: 1.71mg (9.51%), Phosphorus: 93.1mg (9.31%), Vitamin E: 1.07mg (7.11%), Magnesium: 27.88mg (6.97%), Vitamin B2: 0.12mg (6.88%), Calcium: 64.21mg (6.42%), Vitamin B3: 1.07mg (5.36%), Selenium: 3.2µg (4.56%), Copper: 0.09mg (4.36%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.39mg (3.85%)