



Roasted Brussels Sprouts with Pancetta

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



710 kcal

SIDE DISH

Ingredients

- 1 pound brussels sprouts trimmed halved
- 1 juice of lemon juiced
- 3 tablespoons olive oil
- 0.5 pound pancetta diced sliced
- 4 servings salt and pepper freshly ground
- 4 shallots thinly sliced
- 2 tablespoons butter unsalted
- 8 baby yukon gold potatoes quartered

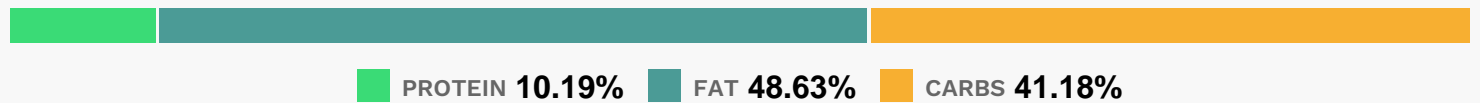
Equipment

- frying pan
- paper towels
- oven
- roasting pan

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Heat oil over medium heat in a roasting pan or large skillet.
- Add the pancetta and cook until golden brown and crisp.
- Remove the pancetta to a plate lined with paper towels.
- Add the shallots to the pan and cook until soft.
- Add the Brussels sprouts and potatoes and toss to combine. Season with salt and pepper and roast in the oven until the vegetables are cooked through and golden brown.
- Remove the vegetables from the oven and stir in the butter and lemon juice.
- Transfer to a platter and top with the reserved pancetta.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:46.37, Inflammation Score:-9, Nutrition Score:34.196086883545%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 3.83mg, Naringenin: 3.83mg, Naringenin: 3.83mg, Naringenin: 3.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 709.66kcal (35.48%), Fat: 39.37g (60.57%), Saturated Fat: 12.75g (79.68%), Carbohydrates: 74.99g (25%), Net Carbohydrates: 62.38g (22.68%), Sugar: 7.31g (8.12%), Cholesterol: 52.47mg (17.49%), Sodium: 621.94mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Vitamin K: 214.19µg (203.99%), Vitamin C: 168.27mg (203.96%), Vitamin B6: 1.49mg (74.6%), Potassium: 2077.83mg (59.37%), Fiber: 12.61g (50.45%), Manganese: 0.98mg (49.16%), Vitamin B1: 0.6mg (40.22%), Phosphorus: 370.97mg (37.1%), Vitamin B3: 6.77mg (33.84%), Folate: 133.78µg (33.45%), Magnesium: 116.93mg (29.23%), Iron: 4.84mg (26.89%), Copper: 0.49mg (24.74%), Vitamin A: 1059.18IU (21.18%), Selenium: 14.61µg (20.87%), Vitamin E: 2.97mg (19.81%), Vitamin B5: 1.76mg (17.62%), Vitamin B2: 0.27mg (15.61%), Zinc: 2.24mg (14.95%), Calcium: 102.87mg (10.29%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.33µg (2.21%)