






 **19%**
HEALTH SCORE

Roasted Brussels Sprouts With Red Onions and Pancetta

 Dairy Free

READY IN

45 min.

SERVINGS

5

CALORIES

178 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts cleaned halved
- 8 slices pancetta
- 4 cloves garlic
- 4 olive oil
- 1 slice bread

Equipment

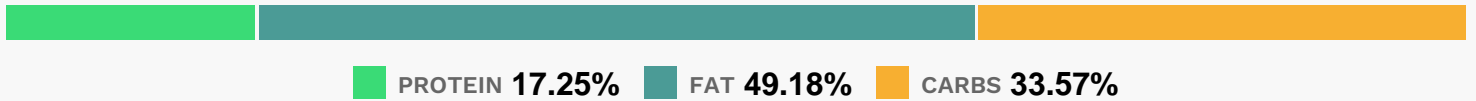
- food processor

frying pan

Directions

- In a large plastic zippered bag, toss the Brussels sprouts, 3 pressed garlic cloves and 2 tablespoons Olive Oil.
- Empty the contents into a ovenproof dish and roast at 350 degrees for 40 minutes.
- While the Brussels sprouts are roasting, in a pan heat 1/4 cup olive oil. When the olive oil is heated through, saute a slice of bread until browned on both sides. Set aside.
- When the Brussels sprouts have finished roasting... In the same pan that you sauteed the bread, add the onion and saute for about 3 minutes. Do not let them get fully tender.
- Add the pancetta and heat through for an additional minute.
- Add the Brussels sprouts and heat through for an additional 3 minutes.
- Remove from heat.
- In a food processor, blend the bread and 1 - 2 cloves of garlic.
- Sprinkle on top of the Brussels sprouts mixture and finish by a last drizzle of Olive Oil!

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:19.709130434783%

Flavonoids

Naringenin: 4.48mg, Naringenin: 4.48mg, Naringenin: 4.48mg, Naringenin: 4.48mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Taste

Sweetness: 24.45%, Saltiness: 100%, Sourness: 32.26%, Bitterness: 49.7%, Savoriness: 60.42%, Fattiness: 49.7%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 177.91kcal (8.9%), Fat: 10.36g (15.95%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 10.47g (3.81%), Sugar: 3.34g (3.71%), Cholesterol: 14.78mg (4.93%), Sodium: 209.22mg (9.1%), Protein: 8.18g (16.36%), Vitamin K: 241.65µg (230.15%), Vitamin C: 116.43mg (141.12%), Manganese: 0.57mg (28.4%), Folate: 87.84µg (21.96%), Fiber: 5.45g (21.78%), Vitamin A: 1034.64IU (20.69%), Vitamin B6: 0.39mg (19.68%), Vitamin B1: 0.28mg (18.59%), Potassium: 591.22mg (16.89%), Phosphorus: 137.05mg (13.7%), Iron: 2.24mg (12.47%), Selenium: 8.63µg (12.33%), Vitamin B3: 2.24mg (11.22%), Vitamin E: 1.42mg (9.48%), Vitamin B2: 0.16mg (9.26%), Magnesium: 36.88mg (9.22%), Calcium: 69.62mg (6.96%), Zinc: 0.92mg (6.15%), Vitamin B5: 0.61mg (6.05%), Copper: 0.12mg (6.01%), Vitamin B12: 0.11µg (1.87%)