



Sautéed Shredded Brussels Sprouts with Smoked Ham and Toasted Pecans

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds brussels sprouts
- ☐ 2 tablespoons butter ()
- ☐ 10 servings coarse kosher salt
- ☐ 1 large garlic clove minced
- ☐ 6 ounces thick ham smoked coarsely chopped
- ☐ 0.7 cup low-salt chicken broth
- ☐ 3 tablespoons olive oil extra-virgin

☐ 0.5 cup pecans toasted chopped

Equipment

☐ bowl

☐ knife

Directions

☐ Trim root ends from brussels sprouts.Using sharp knife or processor fitted withcoarse shredding disk, thinly slice brusselssprouts into shreds. DO AHEAD: Can beprepared 1 day ahead. Cover and chill.

☐ Melt butter with olive oil in large deepsillet over medium heat.

☐ Add ham; sautéuntil golden, about 3 minutes.

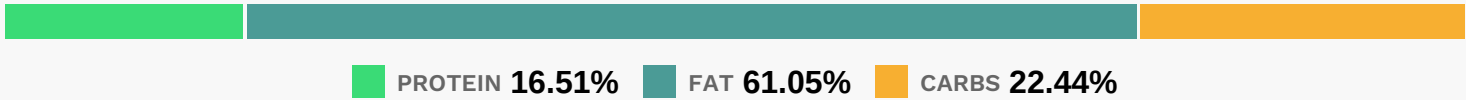
☐ Add garlic;stir 30 seconds.

☐ Add brussels sprouts andbroth; sauté until crisp–tender but stillbright green, 3 to 5 minutes. Season withcoarse salt and black pepper.

☐ Transfer to-serving bowl.

☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:1.55, Inflammation Score:-7, Nutrition Score:16.292608866225%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 150.22kcal (7.51%), Fat: 11.02g (16.95%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.23g (2.48%), Cholesterol: 14.18mg (4.73%), Sodium: 445.83mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin K: 163.47µg (155.69%), Vitamin C: 77.26mg (93.65%), Manganese: 0.53mg (26.7%), Fiber: 3.93g (15.72%), Vitamin A: 756.79IU (15.14%), Folate: 56.52µg (14.13%), Potassium: 434.26mg (12.41%), Phosphorus: 121.79mg (12.18%), Vitamin B6: 0.21mg (10.72%), Vitamin B1: 0.16mg (10.63%), Vitamin E: 1.54mg (10.25%), Iron: 1.68mg (9.33%), Copper: 0.17mg (8.64%), Magnesium: 32.42mg (8.11%), Zinc: 0.94mg (6.24%), Vitamin B2: 0.09mg (5.53%), Vitamin B3: 0.95mg (4.76%), Calcium: 45.27mg (4.53%), Vitamin B5: 0.33mg (3.28%), Selenium: 1.71µg (2.44%)