



Shredded Brussels Sprouts With Pecans and Prosciutto

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

Ingredients

- 2 pounds brussels sprouts fresh
- 2 tablespoons butter
- 2 garlic cloves minced
- 1 tablespoon juice of lemon fresh
- 0.3 cup parmesan cheese freshly grated
- 0.8 cup pecans chopped
- 0.5 teaspoon pepper

- 0.3 pound pancetta cut into thin strips
- 0.5 teaspoon salt
- 1 shallots chopped

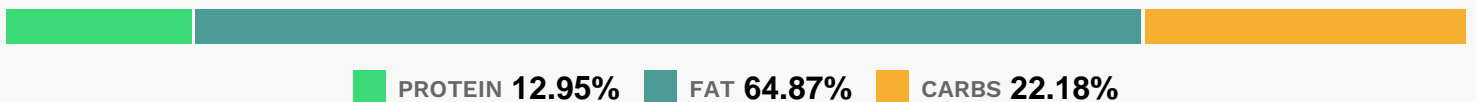
Equipment

- frying pan
- oven

Directions

- Place pecans in a single layer in a shallow pan.
- Bake at 350 for 8 to 10 minutes or until toasted, stirring after 5 minutes.
- Remove discolored leaves from Brussels sprouts.
- Cut each sprout in half, and cut into shreds.
- Melt butter in a large skillet over medium-high heat; add shallot and garlic, and saut 1 to 2 minutes or until tender.
- Add shredded Brussels sprouts to skillet; saut 8 to 10 minutes or until just tender.
- Add prosciutto and next 3 ingredients; saut 2 more minutes.
- Remove from heat, and sprinkle with cheese and toasted pecans.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:23.779565266941%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg 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: 5.01mg, Naringenin: 5.01mg, Naringenin: 5.01mg, Naringenin: 5.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 294.44kcal (14.72%), Fat: 22.74g (34.98%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 10.24g (3.72%), Sugar: 4.28g (4.75%), Cholesterol: 26.13mg (8.71%), Sodium: 460.36mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Vitamin K: 268.82µg (256.02%), Vitamin C: 130.28mg (157.92%), Manganese: 1.18mg (58.96%), Fiber: 7.26g (29.03%), Vitamin A: 1308.63IU (26.17%), Folate: 97.59µg (24.4%), Vitamin B1: 0.36mg (23.93%), Vitamin B6: 0.44mg (22.1%), Potassium: 712.99mg (20.37%), Phosphorus: 201.31mg (20.13%), Iron: 2.65mg (14.7%), Copper: 0.29mg (14.42%), Magnesium: 56.65mg (14.16%), Selenium: 8.44µg (12.06%), Calcium: 116.3mg (11.63%), Vitamin E: 1.74mg (11.6%), Zinc: 1.69mg (11.28%), Vitamin B2: 0.19mg (11.04%), Vitamin B3: 2.07mg (10.35%), Vitamin B5: 0.73mg (7.32%), Vitamin B12: 0.16µg (2.64%)