

Pancetta & Brussels Sprouts



Total:

20 minutes

Sirve:

10

Pieza:

12" Electric Oil Core Skillet

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Brussels Sprouts sometimes get a bad rap and aren't a go-to veggie when planning meals. They're misunderstood! They are a good source of calcium, potassium, and vitamins C, A, and K. This Saladmaster Electric Skillet recipe is full of flavor and aromas that will get your entire family wanting to know "What's cookin!?" Ready in less than 20 minutes, this can be a meal on its own, or paired with any protein.

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1 lb
brussels sprouts, halved
(454
g)
8 oz
pancetta, cubed

(225

g)

2 shallots, strung, use Cone #2

3 garlic cloves, shredded, use Cone #1

$\frac{1}{2}$ cup

soy sauce

(120

ml)

$\frac{1}{2}$ cup

balsamic vinegar

(120

ml)

Preparación :

1. Preheat skillet to 300 F / 150 C. Once several drops of water sprinkled in the pan skitter and dissipate, approximately 5 - 7 minutes add in pancetta and cook until golden brown.
2. Add shallots and garlic. Sautee until shallots have softened, approximately 3-5 mins.
3. Add soy sauce, balsamic vinegar and brussels sprouts into skillet and combine.
4. Cover and when Vapo-Valve™ begins to click steadily, reduce heat to low. Cook for an additional 10-15 mins or until desired tenderness.
5. Once cooked, add Parmesan cheese and cover until cheese has melted.

Información nutricional por ración

Calorías: 190

Grasa Total: 13g

Grasa 7g

Saturada:

Colesterol: 30mg

Sodio: 180mg

Carbohidratos: 8g

Fibra 5g

Dietética:

Azúcar: 1g

Proteína: 9g