



Bacon and Brussels Sprout Hash

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 2 pints brussels sprouts cut in 1/2
- 1 pound fingerling potatoes split
- 0.3 bunch flat-leaf parsley roughly chopped
- 4 sprigs thyme leaves fresh
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup chicken broth low-sodium
- 6 servings olive oil extra-virgin

- 0.5 pound pearl onions red peeled
- 4 slices bacon thick-cut

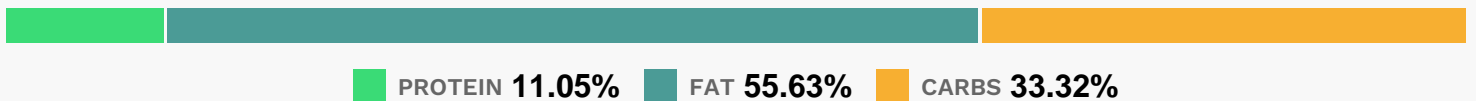
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Set a large saute pan over medium heat and add a 2 count of olive oil.
- Cut bacon into long strips and add to pan together with thyme. Cook for 5 to 7 minutes to render the fat then strain and set aside.
- Add Brussels sprouts, potatoes and pearl onions. Season with salt and pepper and cook until slightly browned.
- Add chicken stock and steam for 3 to 5 minutes until liquid has evaporated and vegetables are tender.
- Add balsamic vinegar and toss to coat. Cook until balsamic has reduced then fold in fresh parsley and bacon.

Nutrition Facts



Properties

Glycemic Index:50.29, Glycemic Load:13.57, Inflammation Score:-9, Nutrition Score:25.185217468635%

Flavonoids

Naringenin: 5.19mg, Naringenin: 5.19mg, Naringenin: 5.19mg, Naringenin: 5.19mg Apigenin: 5.15mg, Apigenin: 5.15mg, Apigenin: 5.15mg, Apigenin: 5.15mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 374.61kcal (18.73%), Fat: 24.26g (37.32%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 24.19g (8.8%), Sugar: 6.51g (7.23%), Cholesterol: 15.84mg (5.28%), Sodium: 213.18mg (9.27%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.84g (21.68%), Vitamin K: 328.3µg (312.67%), Vitamin C: 155.98mg (189.07%), Manganese: 0.73mg (36.68%), Vitamin B6: 0.68mg (34.22%), Fiber: 8.5g (33.99%), Potassium: 1076.1mg (30.75%), Folate: 119.42µg (29.85%), Vitamin A: 1432.69IU (28.65%), Vitamin B1: 0.37mg (24.39%), Vitamin E: 3.54mg (23.61%), Phosphorus: 206.6mg (20.66%), Iron: 3.41mg (18.93%), Vitamin B3: 3.29mg (16.47%), Magnesium: 63.59mg (15.9%), Vitamin B2: 0.21mg (12.2%), Copper: 0.24mg (11.84%), Selenium: 7.77µg (11.1%), Calcium: 94mg (9.4%), Vitamin B5: 0.9mg (9.04%), Zinc: 1.29mg (8.61%), Vitamin B12: 0.14µg (2.33%)