



Bacon-Brown Sugar Brussels Sprouts



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



8

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 slices bacon



1 tablespoon brown sugar



1.5 pounds brussels sprouts trimmed halved



14 oz chicken broth canned



1 teaspoon salt

Equipment



bowl



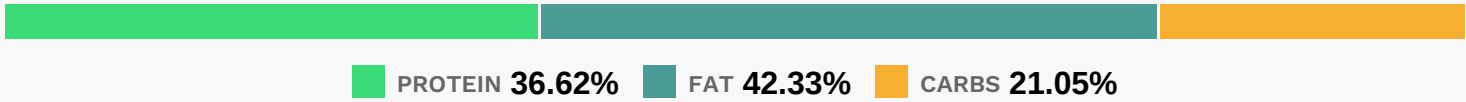
paper towels

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat 10 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving drippings in Dutch oven. Crumble bacon.
- ☐ Add broth, brown sugar, and salt to drippings in Dutch oven, and bring to a boil. Stir in Brussels sprouts. Cover and cook 6 to 8 minutes, or until tender.
- ☐ Transfer Brussels sprouts to a serving bowl using a slotted spoon, and sprinkle with bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:17.008260804674%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 179.92kcal (9%), Fat: 8.64g (13.29%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 6.44g (2.34%), Sugar: 3.33g (3.7%), Cholesterol: 32.07mg (10.69%), Sodium: 624.32mg (27.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.82g (33.63%), Vitamin K: 151.68µg (144.45%), Vitamin C: 72.29mg (87.63%), Selenium: 12.72µg (18.17%), Vitamin B6: 0.31mg (15.52%), Phosphorus: 150.49mg (15.05%), Vitamin A: 733.15IU (14.66%), Manganese: 0.29mg (14.48%), Folate: 52.89µg (13.22%), Fiber: 3.23g (12.93%), Potassium: 430.58mg (12.3%), Zinc: 1.73mg (11.52%), Vitamin B3: 2.27mg (11.34%), Iron: 1.89mg (10.52%), Vitamin B1: 0.15mg (9.91%), Vitamin B12: 0.55µg (9.19%), Vitamin B2: 0.14mg (7.95%), Magnesium: 30.45mg (7.61%), Vitamin E: 0.95mg (6.36%), Copper: 0.09mg (4.49%), Calcium: 44.64mg (4.46%), Vitamin B5: 0.33mg (3.26%)