



Bacon-wrapped Brussels Sprouts

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices bacon
- 10 brussels sprouts
- 15 servings creamy mustard sauce
- 15 servings salt and pepper to taste

Equipment

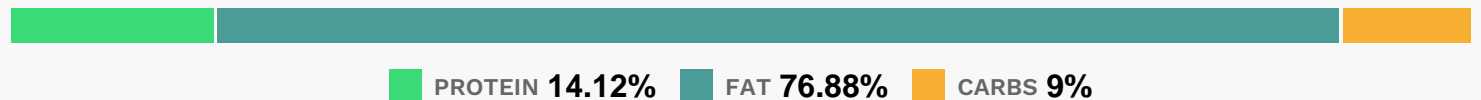
- bowl
- baking sheet
- paper towels

- oven
- wire rack
- microwave

Directions

- Preheat oven to 40
- Microwave bacon slices, in batches, between paper towels, at HIGH for 1 1/2 minutes.
- Cut slices in half crosswise.
- Cut Brussels sprouts in half lengthwise. Wrap 1 bacon piece around each Brussels sprout half; secure with a wooden pick.
- Place sprouts, cut sides down, on a lightly greased wire rack on a baking sheet.
- Sprinkle with pepper to taste.
- Bake at 400 for 20 to 25 minutes or until bacon is crisp and Brussels sprouts are tender.
- Serve with Creamy Mustard Sauce, if desired.
- Creamy Mustard Sauce: Stir together 1/2 cup sour cream, 2 tsp. whole grain mustard, 1 tsp. brown sugar, and salt and pepper to taste in a bowl. Makes 1/2 cup. Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.5695651873298%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 69.66kcal (3.48%), Fat: 6.03g (9.27%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.35g (0.39%), Cholesterol: 9.68mg (3.23%), Sodium: 349.05mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin K: 22.5µg (21.42%), Vitamin C: 10.79mg (13.07%), Selenium: 4.85µg (6.93%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.71mg (3.56%), Phosphorus: 35.26mg

(3.53%), Vitamin B6: 0.07mg (3.51%), Manganese: 0.07mg (3.28%), Fiber: 0.7g (2.79%), Potassium: 85.85mg (2.45%), Vitamin A: 104.48IU (2.09%), Folate: 8.08µg (2.02%), Magnesium: 7.08mg (1.77%), Iron: 0.32mg (1.77%), Zinc: 0.26mg (1.73%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.14mg (1.36%), Vitamin E: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.22%)