



Beyond-Compare Brussels Sprouts

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

Ingredients

- 8 slices appleton farms premium bacon sliced
- 3 pounds brussels sprouts trimmed halved
- 1 cup season's choice super corn sweet thawed
- 8.5 ounces jiffy corn muffin mix
- 0.5 teaspoon ground nutmeg
- 8 servings stonemill essentials ground pepper black to taste
- 0.5 cup onion finely chopped
- 8 servings stonemill essentials iodized salt to taste

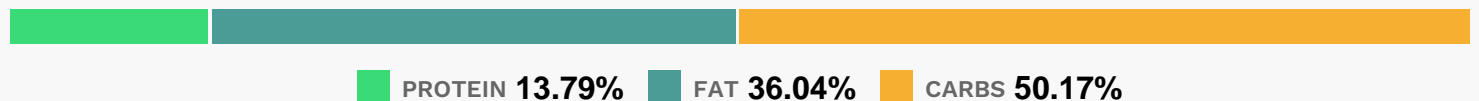
Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F. Coat a square baking dish with cooking spray. Prepare corn muffin batter according to package instructions. Stir thawed corn into batter.
- Bake for 15 minutes or until a toothpick inserted in the center comes out clean.
- Let cool.
- Cook bacon until crisp. Reserve the bacon drippings. Crumble bacon once cool.
- Place Brussels sprouts on a baking sheet and toss with bacon drippings, salt, pepper and nutmeg. Roast for 15–20 minutes.
- Break corn muffins into bite-sized pieces and place on a baking sheet.
- Bake for 12–15 minutes, stirring occasionally, until golden brown and crispy.
- Meanwhile, add onion to pan and cook over medium–high heat until caramelized.
- Just before serving, toss Brussels sprouts with 3/4 of the crumbled bacon, caramelized onions and corn muffin crumbs. If desired, use chicken stock to moisten mixture.
- Pour into a serving bowl and garnish with remaining crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:5.03, Inflammation Score:-9, Nutrition Score:24.915652142919%

Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 314.18kcal (15.71%), Fat: 13.26g (20.41%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 32.43g (11.79%), Sugar: 11.2g (12.45%), Cholesterol: 15.12mg (5.04%), Sodium: 628.68mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Vitamin K: 302.86µg (288.44%), Vitamin C: 146.42mg (177.47%), Manganese: 0.73mg (36.62%), Fiber: 9.1g (36.42%), Folate: 138.21µg (34.55%), Phosphorus: 314.49mg (31.45%), Vitamin B1: 0.45mg (29.92%), Vitamin A: 1376.81IU (27.54%), Vitamin B6: 0.51mg (25.44%), Potassium: 797.65mg (22.79%), Iron: 3.35mg (18.6%), Vitamin B3: 3.5mg (17.49%), Vitamin B2: 0.27mg (15.69%), Magnesium: 55.4mg (13.85%), Selenium: 8.93µg (12.75%), Vitamin E: 1.66mg (11.07%), Vitamin B5: 0.96mg (9.58%), Calcium: 93.38mg (9.34%), Zinc: 1.29mg (8.58%), Copper: 0.17mg (8.5%), Vitamin B12: 0.14µg (2.29%)