



## Beyond-Compare Brussels Sprouts

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

### Ingredients

- 8 slices appleton farms premium bacon sliced
- 3 pounds brussels sprouts trimmed halved
- 0.3 cup chef's cupboard chicken culinary stock
- 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

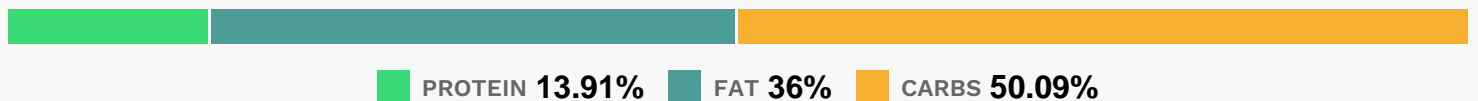
## Equipment

- 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:25.028695596301%

## 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: 316.88kcal (15.84%), Fat: 13.35g (20.55%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 32.7g (11.89%), Sugar: 11.32g (12.58%), Cholesterol: 15.35mg (5.12%), Sodium: 639.4mg (27.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.21%), Vitamin K: 302.87µg (288.45%), Vitamin C: 146.43mg (177.49%), Manganese: 0.73mg (36.62%), Fiber: 9.1g (36.42%), Folate: 138.59µg (34.65%), Phosphorus: 316.51mg (31.65%), Vitamin B1: 0.45mg (30.1%), Vitamin A: 1377.04IU (27.54%), Vitamin B6: 0.51mg (25.67%), Potassium: 805.52mg (23.01%), Iron: 3.36mg (18.68%), Vitamin B3: 3.62mg (18.08%), Vitamin B2: 0.27mg (16.07%), Magnesium: 55.7mg (13.93%), Selenium: 9.09µg (12.99%), Vitamin E: 1.66mg (11.08%), Vitamin B5: 0.96mg (9.58%), Calcium: 93.61mg (9.36%), Copper: 0.17mg (8.7%), Zinc: 1.3mg (8.65%), Vitamin B12: 0.14µg (2.29%)