



Birds Eye® Brussels Sprouts with Bacon



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 12 oz brussels sprouts cooked steamfresh®
- ☐ 1 slice bacon crumbled cooked
- ☐ 2 teaspoons olive oil

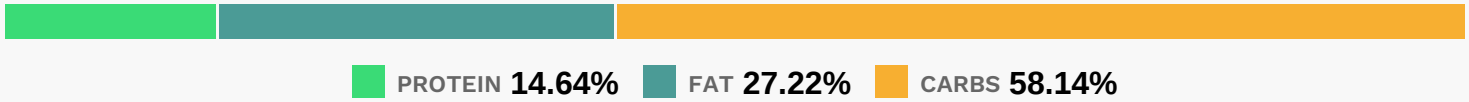
Equipment

- ☐ sauce pan

Directions

- ☐ Toss brussels sprouts, vinegar, brown sugar, olive oil and bacon together in a 2-quart nonstick saucepan.
- ☐ Cook over MEDIUM heat until heated through.
- ☐ Season with fresh ground black pepper.
- ☐ Serve with rosemaryroast pork and Birds Eye Primavera
- ☐ Vegetable Risotto.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:2.32, Inflammation Score:-8, Nutrition Score:16.498695613573%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 119.91kcal (6%), Fat: 3.94g (6.07%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 14.64g (5.32%), Sugar: 11.05g (12.28%), Cholesterol: 2.64mg (0.88%), Sodium: 76.67mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin K: 202.32µg (192.69%), Vitamin C: 96.39mg (116.83%), Manganese: 0.39mg (19.74%), Folate: 69.25µg (17.31%), Fiber: 4.31g (17.24%), Vitamin A: 856.01IU (17.12%), Potassium: 471.07mg (13.46%), Vitamin B6: 0.27mg (13.29%), Vitamin B1: 0.17mg (11.5%), Iron: 1.72mg (9.57%), Vitamin E: 1.39mg (9.29%), Phosphorus: 89.92mg (8.99%), Magnesium: 28.27mg (7.07%), Vitamin B2: 0.11mg (6.37%), Vitamin B3: 1.13mg (5.67%), Calcium: 56.03mg (5.6%), Selenium: 3.26µg (4.66%), Copper: 0.09mg (4.37%), Vitamin B5: 0.39mg (3.91%), Zinc: 0.56mg (3.76%)