



Brussel Sprouts in Bacon and Garlic Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



127 kcal

SIDE DISH

Ingredients

- 250 g brussels sprouts whole
- 0.5 teaspoon salt
- 4 cups water
- 1 tablespoon butter salted
- 1 tablespoon garlic minced
- 1 tablespoon bacon bits
- 0.3 teaspoon salt and pepper to taste
- 1 teaspoon juice of lemon

Equipment

- frying pan
- sauce pan
- stove

Directions

- Wash 250g of brussel sprouts.
- Remove any old hard out leaves.
- Bring 4 cups of water to the boil and add 1/2 teaspoon of salt.
- Add the brussel sprouts to the boiling water and leave to boil at medium heat for 4 minutes or until sprouts are tender but still crunchy.
- Drain the brussel sprouts.
- Return the saucepan to the hot stove and add 1 tablespoon of butter.
- While the butter is melting, cut the brussel sprouts in half.
- Add 1 tablespoon of minced garlic to the melted butter. Saut for a few seconds till garlic is fragrant but not brown.
- Return the cut brussel sprouts to the saucepan. Toss the brussel sprouts lightly in the garlic-butter sauce.
- Add 1 tablespoon of bacon bits. I keep a jar of ready to use bacon bits in the fridge at all times for this dish (and for my Mushroom Delight dish). You can also use freshly pan fried and crumbled bacon, but I like to cook this fast.
- Season to taste with salt and pepper. I always use Masterfoods Garlic Pepper to season my dishes. A few shakes of this and its done.
- Add a squeeze of fresh lemon juice (about 1 teaspoon).
- Toss everything together.
- Serve with some fresh lemons on the side for extra tangy flavour, if preferred. You can also garnish with some toasted almond flakes.

Nutrition Facts



PROTEIN 16.16% FAT 44.81% CARBS 39.03%

Properties

Glycemic Index:56, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:18.114347826087%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 4.15mg, Naringenin: 4.15mg, Naringenin: 4.15mg, Naringenin: 4.15mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 127.11kcal (6.36%), Fat: 6.98g (10.75%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 8.49g (3.09%), Sugar: 2.86g (3.17%), Cholesterol: 15.05mg (5.02%), Sodium: 1034.63mg (44.98%), Protein: 5.67g (11.34%), Vitamin K: 221.81µg (211.25%), Vitamin C: 108.53mg (131.55%), Manganese: 0.49mg (24.53%), Vitamin A: 1117.94IU (22.36%), Fiber: 5.2g (20.79%), Folate: 81.53µg (20.38%), Vitamin B6: 0.33mg (16.38%), Potassium: 511.8mg (14.62%), Vitamin B1: 0.2mg (13.58%), Iron: 1.85mg (10.3%), Phosphorus: 101.85mg (10.18%), Vitamin E: 1.51mg (10.07%), Copper: 0.2mg (9.76%), Magnesium: 38.12mg (9.53%), Calcium: 79.84mg (7.98%), Vitamin B2: 0.12mg (7.18%), Vitamin B3: 1.02mg (5.1%), Zinc: 0.69mg (4.63%), Vitamin B5: 0.42mg (4.21%), Selenium: 2.9µg (4.15%)