



Brussels Sprout and Bacon Crostini

READY IN



40 min.

SERVINGS



20

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices baguette thin
- ☐ 1 pound brussels sprouts trimmed thinly sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 lemon zest
- ☐ 0.3 cup olive oil
- ☐ 1.5 ounces pecorino cheese shaved with a vegetable peeler into 40 slices
- ☐ 20 servings salt and pepper
- ☐ 8 ounces bacon thick-cut chopped (7 slices)

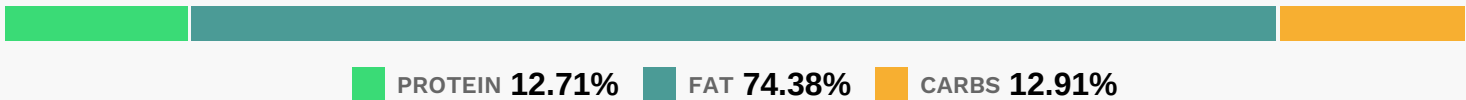
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 350F. Cook bacon in a large skillet over medium heat, stirring often, until crisp, 12 to 14 minutes.
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Remove and discard all but 3 Tbsp. bacon fat from skillet.
- ☐ Raise heat to medium-high.
- ☐ Add sprouts to bacon fat in skillet and cook, stirring occasionally, until just beginning to soften, 5 to 7 minutes.
- ☐ Add red pepper, lemon zest and reserved bacon to skillet. Stir, taste and season with salt and pepper.
- ☐ Remove from heat.
- ☐ Brush both sides of baguette slices with olive oil; place on a baking sheet.
- ☐ Bake until golden, 5 to 6 minutes per side.
- ☐ Spoon a rounded Tbsp. of sprout mixture on each slice of baguette. Top each with a slice of cheese and serve.

Nutrition Facts



Properties

Glycemic Index:6.54, Glycemic Load:0.92, Inflammation Score:-3, Nutrition Score:5.4960869395215%

Flavonoids

Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 93.49kcal (4.67%), Fat: 7.89g (12.14%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.6g (0.67%), Cholesterol: 9.7mg (3.23%), Sodium: 310.41mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin K: 41.89µg (39.89%), Vitamin C: 19.66mg (23.84%), Phosphorus: 49.77mg (4.98%), Vitamin B1: 0.07mg (4.88%), Selenium: 3.23µg (4.62%), Vitamin E: 0.66mg (4.38%), Manganese: 0.09mg (4.32%), Vitamin B6: 0.08mg (4.22%), Folate: 15.74µg (3.94%), Vitamin A: 191.59IU (3.83%), Fiber: 0.94g (3.74%), Vitamin B3: 0.7mg (3.52%), Calcium: 35.03mg (3.5%), Potassium: 115.52mg (3.3%), Iron: 0.46mg (2.55%), Vitamin B2: 0.04mg (2.53%), Magnesium: 7.95mg (1.99%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.08µg (1.34%), Copper: 0.02mg (1.19%)