



## Brussels Sprout Salad with Bacon Croutons

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 ounces country bread cubed ()
- 1 teaspoon brown sugar
- 1 pound brussels sprouts
- 2 teaspoons canola oil
- 0.3 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon pepper
- 0.3 cup red wine vinegar

4 slices center-cut bacon

## Equipment

food processor

bowl

frying pan

## Directions

Slice Brussels sprouts in a food processor fitted with a slicing blade. Cook bacon slices in a skillet until crisp.

Remove from pan; crumble.

Add canola oil to drippings in pan. Stir in cubed country bread; saut over medium-high 5 minutes or until crisp.

Combine olive oil, vinegar, brown sugar, pepper, and kosher salt in a large bowl.

Add Brussels sprouts; toss well. Top with croutons and bacon.

## Nutrition Facts

 **PROTEIN 9.8%**  **FAT 68.16%**  **CARBS 22.04%**

## Properties

Glycemic Index:15.33, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:12.494782570911%

## Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 161.81kcal (8.09%), Fat: 12.61g (19.4%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 6.7g (2.44%), Sugar: 2.14g (2.38%), Cholesterol: 7.26mg (2.42%), Sodium: 194.09mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin K: 105.69µg (100.65%), Vitamin C: 48.25mg (58.48%), Manganese: 0.3mg (14.83%), Vitamin E: 1.71mg (11.39%), Folate: 40.64µg (10.16%), Fiber: 2.47g (9.88%), Vitamin B1: 0.14mg (9.23%), Vitamin A: 432.41IU (8.65%), Vitamin B6: 0.16mg (8.09%), Selenium: 5.17µg

(7.39%), Potassium: 257.65mg (7.36%), Iron: 1.18mg (6.57%), Phosphorus: 64.92mg (6.49%), Vitamin B3: 1.26mg (6.31%), Vitamin B2: 0.08mg (4.59%), Magnesium: 17.83mg (4.46%), Calcium: 34.75mg (3.48%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.3mg (2.97%), Copper: 0.06mg (2.87%)