



Brussels Sprouts Gratin

READY IN



36 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- 2 slices hickory-smoked bacon
- 0.3 teaspoon pepper black freshly ground
- 2 ounce bread baguette french
- 2 pounds brussels sprouts trimmed halved
- 3 tablespoons butter
- 0.5 teaspoon kosher salt divided
- 4 large shallots thinly sliced
- 1 cup water

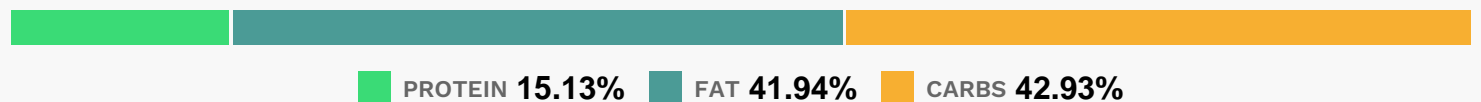
Equipment

- food processor
- frying pan
- baking pan
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Cook bacon in a large skillet over medium heat until crisp.
- Remove bacon from pan, reserving drippings; crumble. Increase heat to medium-high.
- Add shallots to drippings in pan; saut for 2 minutes or until tender, stirring occasionally.
- Add Brussels sprouts and 1 cup water; bring to a boil. Cover pan loosely with aluminum foil; cook 6 minutes or until Brussels sprouts are almost tender. Uncover and remove from heat.
- Sprinkle with 1/4 teaspoon salt and pepper; toss to combine. Spoon Brussels sprouts mixture into a 2-quart broiler-safe glass or ceramic baking dish coated with cooking spray.
- Place bread in a food processor, and process until finely ground. Melt butter in skillet over medium-high heat.
- Add breadcrumbs and remaining 1/4 teaspoon salt to pan; saut for 2 minutes or until toasted, stirring frequently.
- Add cooked, crumbled bacon to toasted breadcrumb mixture.
- Sprinkle the breadcrumb mixture over Brussels sprouts mixture. Broil 3 minutes or until golden and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:6.96, Inflammation Score:-9, Nutrition Score:20.865652157561%

Flavonoids

Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 183.7kcal (9.18%), Fat: 9.29g (14.29%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 14.88g (5.41%), Sugar: 5.08g (5.64%), Cholesterol: 19.89mg (6.63%), Sodium: 386.02mg (16.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Vitamin K: 268.45µg (255.66%), Vitamin C: 129.85mg (157.4%), Manganese: 0.62mg (30.98%), Folate: 109.74µg (27.44%), Vitamin A: 1318.79IU (26.38%), Fiber: 6.51g (26.03%), Vitamin B6: 0.42mg (20.93%), Vitamin B1: 0.31mg (20.53%), Potassium: 672.23mg (19.21%), Iron: 2.73mg (15.15%), Phosphorus: 136.62mg (13.66%), Vitamin B2: 0.19mg (11.07%), Magnesium: 42.86mg (10.72%), Vitamin E: 1.55mg (10.35%), Selenium: 6.87µg (9.81%), Vitamin B3: 1.91mg (9.57%), Calcium: 78.3mg (7.83%), Copper: 0.15mg (7.28%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.6mg (5.97%)