



Brussels Sprouts Gratin

READY IN



60 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

Ingredients

- 2 slices bacon cut into 1/2 inch pieces
- 0.3 cup bread crumbs
- 1 pound brussels sprouts cleaned trimmed
- 2 tablespoons butter cut into tiny pieces
- 4 servings salt and ground pepper black to taste
- 0.5 cup heavy cream
- 0.3 cup parmesan cheese grated

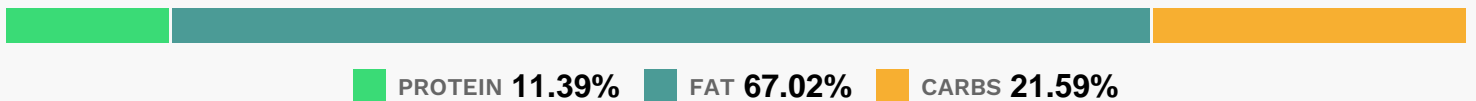
Equipment

- oven
- pot
- baking pan
- colander

Directions

- Preheat an oven to 400 degrees F (200 degrees C). Lightly grease a baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add the Brussels sprouts and cook uncovered until tender, about 8 minutes.
- Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the Brussels sprouts are cold, drain well, and cut in halves or quarters, depending on size. Set aside.
- Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until limp and lightly browned, about 5 minutes. Reduce heat and stir in the Brussels sprouts. Season with salt and pepper then toss for about 1 minutes to evenly distribute the seasonings. Arrange bacon and Brussels sprouts on the prepared baking dish.
- Pour cream evenly over the Brussels sprouts, then sprinkle breadcrumbs and Parmesan cheese on top. Distribute pieces of butter over the bread crumbs.
- Bake in the preheated oven until golden brown and heated through, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:19.961304312167%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg 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: 299.2kcal (14.96%), Fat: 23.23g (35.74%), Saturated Fat: 13.02g (81.4%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 12.2g (4.44%), Sugar: 3.79g (4.21%), Cholesterol: 61.37mg (20.45%), Sodium: 313.02mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Vitamin K: 202.87µg (193.21%), Vitamin C: 96.57mg (117.05%), Vitamin A: 1525.96IU (30.52%), Manganese: 0.46mg (23.19%), Folate: 78.19µg (19.55%), Fiber: 4.64g (18.55%), Vitamin B1: 0.26mg (17.42%), Phosphorus: 163.94mg (16.39%), Vitamin B6: 0.3mg (15.09%), Potassium: 518.9mg (14.83%), Calcium: 137.54mg (13.75%), Vitamin B2: 0.22mg (12.84%), Selenium: 8.88µg (12.69%), Iron: 2.03mg (11.26%), Vitamin E: 1.52mg (10.13%), Vitamin B3: 1.76mg (8.82%), Magnesium: 34.89mg (8.72%), Zinc: 1.05mg (7.02%), Vitamin B5: 0.55mg (5.54%), Copper: 0.11mg (5.42%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.55µg (3.67%)