



Brussels Sprouts Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



741 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds brussels sprouts
- ☐ 1.5 cups unseasoned croutons (see notes)
- ☐ 0.3 teaspoon thyme leaves dried fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 1 large hard-cooked egg shelled coarsely chopped
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 6 oz onion red

- ☐ 6 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 pound thick-cut bacon

Equipment

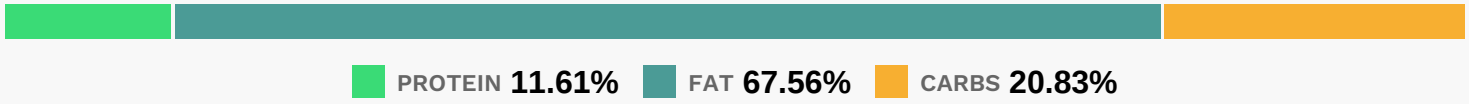
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Rinse sprouts, drain, and discard discolored leaves. Using a small, sharp knife, trim stem end of each sprout to release a layer of leaves, then pull the leaves from the sprout (save). Continue to trim and discard stem, pulling off (and saving) leaves until only about 1/2 inch remains of center of sprout; cut this portion in half lengthwise. Repeat to separate leaves on remaining sprouts.
- ☐ Cut bacon into 1/4-inch dice. In a 14-inch wok, 14-inch frying pan, or wide 6- to 8-quart pan, stir bacon often over medium-high heat until browned, about 10 minutes; transfer with a slotted spoon to paper towels to drain.
- ☐ Pour bacon drippings from pan and reserve, if desired for dressing.
- ☐ Meanwhile, in a small bowl, mix 5 tablespoons olive oil, 5 tablespoons vinegar, shallots, garlic, thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Peel onion and cut lengthwise into thin slivers.
- ☐ Return 1 tablespoon bacon drippings to pan or add 1 tablespoon olive oil; add sliced onion and 1 tablespoon vinegar. Stir often over medium-high heat until onion is limp and lightly browned, about 8 minutes.
- ☐ Pour into bowl with vinegar and olive oil mixture.
- ☐ Add another tablespoon bacon drippings (discard any remaining) or olive oil to pan over high heat; when hot, add brussels sprout leaves and stir until limp, 3 to 4 minutes.

- ☐
- Add croutons, bacon, and oil-and-vinegar mixture to pan; stir until hot and well mixed.
- ☐
- Pour into a wide bowl and sprinkle with chopped egg.
- ☐
- Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:89.33, Glycemic Load:12.69, Inflammation Score:-10, Nutrition Score:33.854782436205%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 741.18kcal (37.06%), Fat: 56.85g (87.47%), Saturated Fat: 14.21g (88.83%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 28.81g (10.47%), Sugar: 8.12g (9.02%), Cholesterol: 112.06mg (37.35%), Sodium: 1076.26mg (46.79%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 21.98g (43.96%), Vitamin K: 416.1µg (396.28%), Vitamin C: 198.23mg (240.28%), Manganese: 1mg (50.01%), Folate: 178.65µg (44.66%), Vitamin B1: 0.66mg (44.05%), Selenium: 30.1µg (43%), Fiber: 10.65g (42.59%), Vitamin B6: 0.83mg (41.32%), Vitamin E: 5.87mg (39.13%), Vitamin A: 1835IU (36.7%), Potassium: 1195.82mg (34.17%), Phosphorus: 336.08mg (33.61%), Vitamin B3: 5.65mg (28.24%), Iron: 4.83mg (26.81%), Vitamin B2: 0.41mg (24.15%), Magnesium: 76.63mg (19.16%), Zinc: 2.3mg (15.35%), Vitamin B5: 1.52mg (15.16%), Calcium: 139.77mg (13.98%), Copper: 0.25mg (12.73%), Vitamin B12: 0.56µg (9.38%), Vitamin D: 0.67µg (4.46%)