



Brussels Sprouts Salad with Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices applewood-smoked bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound brussels sprouts
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 tablespoons maple syrup
- ☐ 0.3 cup pecans toasted coarsely chopped
- ☐ 6 cups romaine lettuce chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar

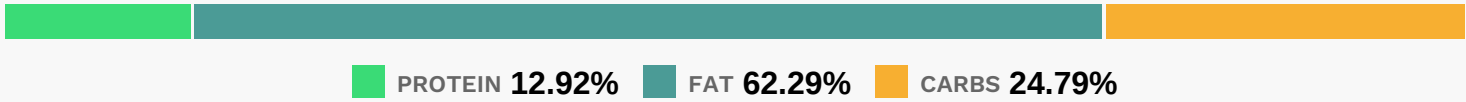
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ With food processor on, drop Brussels sprouts through the food chute of food processor fitted with the slicer attachment.
- ☐ Transfer Brussels sprouts to a bowl.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add bacon to pan; cook 5 minutes or until crisp, turning occasionally.
- ☐ Remove bacon from pan, reserving 2 tablespoons drippings in pan; set bacon aside. Reduce heat to medium-low; add vinegar and next 4 ingredients (through pepper), stirring well to combine.
- ☐ Add Brussels sprouts; cook 1 minute, stirring to coat. Cover and cook 2 minutes.
- ☐ Combine Brussels sprouts mixture and lettuce in a large bowl; toss until well combined.
- ☐ Sprinkle evenly with bacon and pecans.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:15.453478297462%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg,

Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 129.56kcal (6.48%), Fat: 9.28g (14.28%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 5.56g (2.02%), Sugar: 3.76g (4.17%), Cholesterol: 10.89mg (3.63%), Sodium: 282.92mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin K: 111.64µg (106.32%), Vitamin A: 3400.15IU (68%), Vitamin C: 37.65mg (45.63%), Manganese: 0.46mg (22.87%), Folate: 74.73µg (18.68%), Fiber: 2.75g (11.01%), Vitamin B1: 0.16mg (10.49%), Potassium: 314.18mg (8.98%), Vitamin B6: 0.17mg (8.57%), Vitamin B2: 0.13mg (7.54%), Phosphorus: 75.36mg (7.54%), Selenium: 4.7µg (6.71%), Iron: 1.17mg (6.48%), Vitamin B3: 1.14mg (5.71%), Magnesium: 22.71mg (5.68%), Copper: 0.1mg (4.87%), Zinc: 0.65mg (4.31%), Calcium: 38.54mg (3.85%), Vitamin E: 0.54mg (3.62%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.08µg (1.38%)