



Brussels Sprouts with Applewood Bacon

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 5 slices bacon diced
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 pounds brussels sprouts fresh halved
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg freshly grated

Equipment

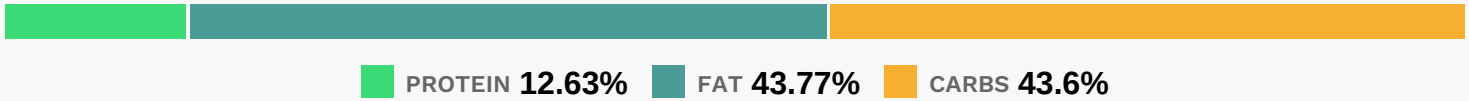
- ☐ frying pan

☐ paper towels

Directions

- ☐ Cook Brussels sprouts in boiling salted water to cover 4 minutes; drain. Plunge sprouts into ice water to stop the cooking process; drain.
- ☐ Cook bacon in a large skillet over medium heat, stirring often, 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet.
- ☐ Melt butter in hot drippings over medium-high heat; stir in brown sugar, cinnamon, and nutmeg. Cook, stirring constantly, 1 minute or until sugar is melted and sauce thickens slightly. Stir in Brussels sprouts; cook, stirring often, 10 to 12 minutes or until lightly browned.
- ☐ Add salt and pepper to taste.
- ☐ Brought to the table by chef Brett McKee of Eli's Table in Charleston, South Carolina.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:16.975217306096%

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: 166.35kcal (8.32%), Fat: 8.65g (13.3%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 15.04g (5.47%), Sugar: 11.4g (12.67%), Cholesterol: 16.6mg (5.53%), Sodium: 144.46mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Vitamin K: 200.98µg (191.41%), Vitamin C: 96.39mg (116.84%), Manganese: 0.4mg (20.07%), Vitamin A: 947.79IU (18.96%), Fiber: 4.35g (17.4%), Folate: 69.4µg (17.35%), Vitamin B6: 0.29mg (14.45%), Potassium: 481.75mg (13.76%), Vitamin B1: 0.2mg (13.06%), Phosphorus: 99.36mg (9.94%), Iron: 1.72mg (9.53%), Vitamin E: 1.14mg (7.6%), Magnesium: 28.72mg (7.18%), Vitamin B3: 1.41mg (7.05%), Selenium: 4.73µg (6.75%), Vitamin B2: 0.11mg (6.73%), Calcium: 57.45mg (5.74%), Copper: 0.09mg (4.5%), Vitamin B5: 0.44mg (4.43%), Zinc: 0.65mg (4.31%), Vitamin B12: 0.07µg (1.25%)