



Brussels Sprouts with Bacon and Chestnuts



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts
- ☐ 0.3 pound slab bacon cut into 1/4-inch pieces or batons
- ☐ 1 onion red chopped
- ☐ 20 roasted chestnuts canned roughly chopped quartered
- ☐ 0.3 cup chicken stock see
- ☐ 6 servings salt and pepper to taste
- ☐ 6 servings lemon wedges to serve

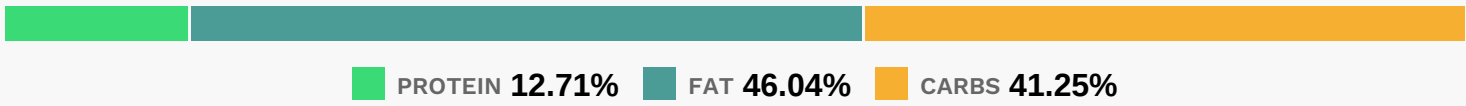
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut the Brussels sprouts in half and slice thinly, starting at the top of the sprout and working back toward the stem. Discard the hard tip of the stem side.
- ☐ Cook the bacon:
- ☐ Cut the bacon into pieces about 1/4 inch wide and put them in a large sauté pan over medium heat.
- ☐ When the bacon is browned, remove with a slotted spoon and set aside.
- ☐ Cook the onions in bacon fat, add back the bacon:
- ☐ Remove all but 1 tablespoon of the bacon fat (do not put down the drain, see how to render bacon fat). Turn up the heat to high, add the red onions. Cook until the onions begin to brown, add back the bacon.
- ☐ Add the chestnuts and Brussels sprouts to the sauté pan with the bacon and onions.
- ☐ Add the chicken stock and toss to combine. Stir in about 1 teaspoon of salt, more or less to taste. Cook over high heat for 3–4 minutes.
- ☐ Add pepper to taste.
- ☐ Serve hot with lemon wedges. Squeeze a little lemon juice over the sprouts right before you eat them.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:8.32, Inflammation Score:-7, Nutrition Score:16.836521602195%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 203.69kcal (10.18%), Fat: 10.72g (16.49%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 18.4g (6.69%), Sugar: 2.62g (2.92%), Cholesterol: 16.93mg (5.64%), Sodium: 395.12mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin K: 133.9µg (127.53%), Vitamin C: 77.42mg (93.84%), Manganese: 0.38mg (18.8%), Vitamin B6: 0.36mg (18%), Folate: 66.45µg (16.61%), Vitamin B1: 0.23mg (15.15%), Potassium: 518.18mg (14.81%), Fiber: 3.21g (12.85%), Vitamin A: 587.5IU (11.75%), Phosphorus: 107.27mg (10.73%), Vitamin B3: 2.07mg (10.33%), Copper: 0.19mg (9.68%), Selenium: 6.59µg (9.42%), Iron: 1.49mg (8.29%), Magnesium: 31.13mg (7.78%), Vitamin B2: 0.11mg (6.27%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.78mg (5.21%), Calcium: 43.23mg (4.32%), Vitamin B12: 0.13µg (2.1%)