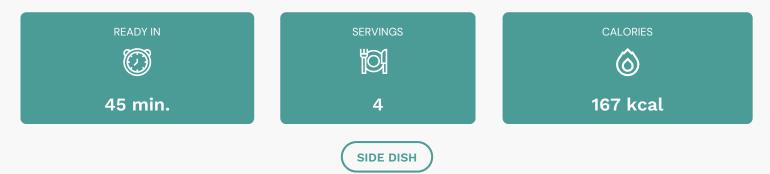


Brussels Sprouts with Bacon and Raisins

Gluten Free



Ingredients

- 2 tablespoons apple cider vinegar
- 2 slices bacon thick
- 1 pound brussels sprouts trimmed halved
- 0.3 cup golden raisins
- 4 servings pepper black freshly ground
- 0.5 cup chicken broth
- 1 teaspoon olive oil
- 1 medium shallots finely chopped

Equipment

- frying pan
- paper towels
- tongs

Directions

- Heat oil in a large heavy skillet over medium heat.
- Add bacon and cook, turning occasionally, until crisp, about 5 minutes. Using tongs, transfer bacon to paper towels to drain.
- Let cool. Coarsely crumble. (Make sure crumbled bacon is unreachable by children, or it will disappear before you need it again.)
- While bacon cools, add brussels sprouts to drippings in skillet; season with salt and pepper. Cook, stirring often, until well browned in spots and beginning to soften, 5–7 minutes. Reduce heat to low and add raisins, shallot, and butter; cook, stirring often, until shallot is soft, about 3 minutes.
 - Add broth to skillet; increase heat and bring to a boil, scraping up browned bits from bottom of pan. Reduce heat to medium-lowand simmer until broth has evaporated, 1–2 minutes. Stir in vinegar and crumbled bacon. Season to taste with salt and pepper.

Nutrition Facts

PROTEIN 14% 📕 FAT 43.78% 📒 CARBS 42.22%

Properties

Glycemic Index:47.67, Glycemic Load:6.04, Inflammation Score:-8, Nutrition Score:17.938695695089%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Quercetin: 2.39mg, Quercetin:

Nutrients (% of daily need)

Calories: 166.98kcal (8.35%), Fat: 8.77g (13.5%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 14.14g (5.14%), Sugar: 8.42g (9.36%), Cholesterol: 14.78mg (4.93%), Sodium: 112.66mg (4.9%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.31g (12.63%), Vitamin K: 202.09µg (192.47%), Vitamin C: 97.18mg (117.79%), Manganese: 0.46mg (23.05%), Fiber: 4.9g (19.59%), Vitamin A: 947.35IU (18.95%), Folate: 71.69µg (17.92%), Potassium: 584.4mg (16.7%), Vitamin B6: 0.33mg (16.59%), Vitamin B1: 0.19mg (12.85%), Phosphorus: 118.7mg (11.87%), Iron: 1.96mg (10.9%), Vitamin B3: 1.81mg (9.05%), Vitamin E: 1.28mg (8.57%), Vitamin B2: 0.14mg (8.22%), Magnesium: 32.8mg (8.2%), Copper: 0.14mg (7%), Selenium: 4.21µg (6.02%), Calcium: 58.29mg (5.83%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.09µg (1.51%)