



Brussels Sprouts with Bacon and Raisins

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

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

1 tablespoon butter unsalted

Equipment

frying pan

paper towels

tongs

Directions

Heat oil in a large heavy skillet over medium heat.

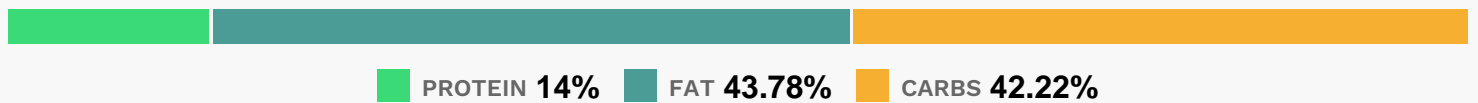
Add bacon and cook, turning occasionally, until crisp, about 5 minutes. Using tongs, transfer bacon to paper towels to drain.

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–low and simmer until broth has evaporated, 1–2 minutes. Stir in vinegar and crumbled bacon. Season to taste with salt and pepper.

Nutrition Facts



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

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: 0g (100%), Alcohol %: 0% (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%)