




 **22%**
HEALTH SCORE

Brussels Sprouts with Bacon and Shallots


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

- 2 slices bacon cut in small slices (center cut preferred)
- 1.5 pounds brussels sprouts trimmed halved
- 1 tablespoon juice of lemon freshly squeezed
- 4 servings salt and pepper
- 1 large shallots peeled thinly sliced

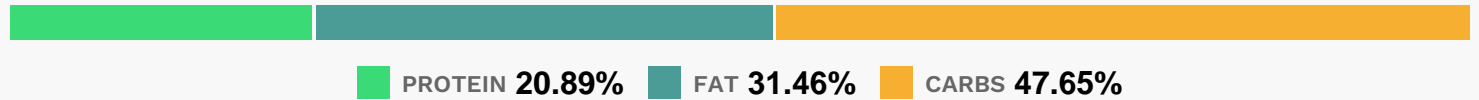
Equipment

- frying pan

Directions

- In a large skillet place the bacon and cook until golden brown.
- Add the shallots and cook until tender.
- Add the Brussels sprouts and saut to high heat to give it a nice golden outside.
- Add a squeeze of lemon, salt and pepper to season and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:20.407826086957%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 5.65mg, Naringenin: 5.65mg, Naringenin: 5.65mg, Naringenin: 5.65mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 124.34kcal (6.22%), Fat: 4.89g (7.53%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 10g (3.64%), Sugar: 4.33g (4.81%), Cholesterol: 7.26mg (2.42%), Sodium: 309.92mg (13.47%), Protein: 7.31g (14.61%), Vitamin K: 301.12µg (286.78%), Vitamin C: 146.53mg (177.62%), Manganese: 0.59mg (29.68%), Fiber: 6.67g (26.7%), Folate: 106.63µg (26.66%), Vitamin A: 1287.08IU (25.74%), Vitamin B6: 0.43mg (21.25%), Potassium: 708.24mg (20.24%), Vitamin B1: 0.27mg (18.1%), Iron: 2.51mg (13.92%), Phosphorus: 137.26mg (13.73%), Magnesium: 41.98mg (10.5%), Vitamin E: 1.55mg (10.35%), Vitamin B2: 0.16mg (9.64%), Vitamin B3: 1.73mg (8.63%), Calcium: 74.65mg (7.46%), Selenium: 5.01µg (7.16%), Copper: 0.13mg (6.5%), Vitamin B5: 0.61mg (6.1%), Zinc: 0.87mg (5.81%)