



 **74%**
HEALTH SCORE

Brussels Sprouts with Bacon and Sun Dried Tomato Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- 2 lb brussels sprouts trimmed
- 0.3 oscar mayer real bacon bits
- 0.3 cup sun tomato vinaigrette dressing dried kraft

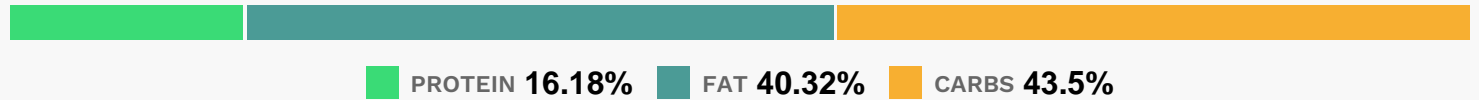
Equipment

- bowl
- pot

Directions

- Cook Brussels sprouts in large pot of boiling water 6 to 8 min. or until tender; drain.
- Place in large bowl.
- Add dressing; toss to coat.
- Sprinkle with bacon bits.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:15.952174000118%

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: 83.95kcal (4.2%), Fat: 4.26g (6.56%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 6.04g (2.19%), Sugar: 2.69g (2.99%), Cholesterol: 0.04mg (0.01%), Sodium: 29.37mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin K: 208.43µg (198.51%), Vitamin C: 96.39mg (116.83%), Manganese: 0.38mg (19.11%), Folate: 69.17µg (17.29%), Fiber: 4.31g (17.24%), Vitamin A: 855.02IU (17.1%), Potassium: 441.74mg (12.62%), Vitamin B6: 0.25mg (12.42%), Vitamin B1: 0.16mg (10.51%), Vitamin E: 1.36mg (9.05%), Iron: 1.59mg (8.82%), Phosphorus: 78.24mg (7.82%), Magnesium: 26.08mg (6.52%), Vitamin B2: 0.1mg (6%), Calcium: 47.63mg (4.76%), Vitamin B3: 0.84mg (4.22%), Copper: 0.08mg (3.97%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.48mg (3.18%), Selenium: 1.94µg (2.77%)