



Brussels Sprouts with Bacon and Thyme



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon finely chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 lb brussels sprouts trimmed halved quartered (if large)
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon salt

Equipment

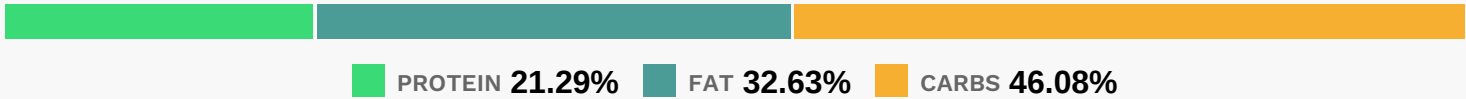
- ☐ frying pan
- ☐ pot

colander

Directions

Cook Brussels sprouts in a 4-quart pot of boiling salted wateruntil crisp-tender, about 6 minutes, then drain in a colander. Cook bacon in a 12-inch heavy skillet over moderately high heat, stirring, until browned and crisp, about 2 minutes. Reduce heat to moderate and stir in Brussels sprouts, thyme, salt, and pepper, then cook, stirring, 3 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:20.242608691039%

Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 119.67kcal (5.98%), Fat: 4.89g (7.52%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 8.98g (3.26%), Sugar: 3.74g (4.16%), Cholesterol: 7.26mg (2.42%), Sodium: 260.74mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin K: 301.17µg (286.83%), Vitamin C: 145.38mg (176.22%), Manganese: 0.59mg (29.57%), Vitamin A: 1310.7IU (26.21%), Fiber: 6.55g (26.2%), Folate: 103.99µg (26%), Vitamin B6: 0.4mg (20.18%), Potassium: 687.36mg (19.64%), Vitamin B1: 0.27mg (17.81%), Iron: 2.52mg (14.01%), Phosphorus: 133.84mg (13.38%), Magnesium: 41.35mg (10.34%), Vitamin E: 1.54mg (10.3%), Vitamin B2: 0.16mg (9.67%), Vitamin B3: 1.72mg (8.6%), Calcium: 74.38mg (7.44%), Selenium: 4.94µg (7.05%), Copper: 0.13mg (6.37%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.85mg (5.7%)