



Brussels Sprouts with Bacon and Walnuts

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- 3 slices bacon chopped
- 1.5 pounds brussels sprouts cleaned
- 0.3 cup chicken broth
- 6 servings kosher salt and pepper freshly ground
- 2 shallots chopped
- 0.5 cup walnuts chopped

Equipment

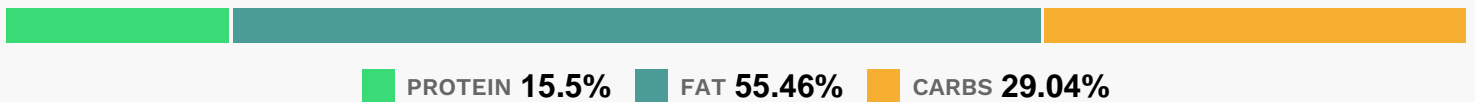
- food processor

- frying pan
- paper towels
- knife
- slotted spoon

Directions

- Trim the ends off the Brussels sprouts. Thinly slice them with a knife or use the slicing attachment on your food processor to shred them.
- Add the bacon to a large high-sided skillet over medium heat. Cook until the bacon is crisp and the fat is rendered.
- Remove the bacon with a slotted spoon to a paper towel-lined-plate and reserve.
- Add the shallot to the hot pan and saute until tender, about 3 minutes.
- Add the Brussels sprouts by the handful, stirring to coat. Season with salt and pepper.
- Saute the sprouts, tossing until bright green and crisp-tender, about 3 minutes.
- Stir in the walnuts and cook for 1 minute more to toast.
- Add 1/4 cup chicken broth, stirring until the liquid is reduced and the Brussels sprouts are soft. Stir in the cooked bacon.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:19.135652095079%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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

Nutrients (% of daily need)

Calories: 164.98kcal (8.25%), Fat: 11.09g (17.06%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.45g (3.83%), Cholesterol: 7.46mg (2.49%), Sodium: 332.48mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin K: 201.04µg (191.47%), Vitamin C: 97.18mg (117.8%), Manganese: 0.75mg (37.28%), Fiber: 5.23g (20.92%), Folate: 81.56µg (20.39%), Vitamin B6: 0.36mg (17.94%), Vitamin A: 861.57IU (17.23%), Potassium: 535.53mg (15.3%), Vitamin B1: 0.23mg (15.22%), Phosphorus: 133.21mg (13.32%), Copper: 0.25mg (12.4%), Iron: 2.02mg (11.25%), Magnesium: 44.66mg (11.16%), Vitamin B2: 0.13mg (7.83%), Vitamin E: 1.12mg (7.47%), Vitamin B3: 1.43mg (7.17%), Selenium: 4.64µg (6.63%), Zinc: 0.95mg (6.32%), Calcium: 61.33mg (6.13%), Vitamin B5: 0.49mg (4.92%)