



## Brussels sprouts with bacon & chestnuts



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

### Ingredients

- ☐ 6 rashers streaky bacon smoked cut into bite-sized pieces (or use more, if you like)
- ☐ 200 g vacuum-packed chestnuts
- ☐ 50 g butter

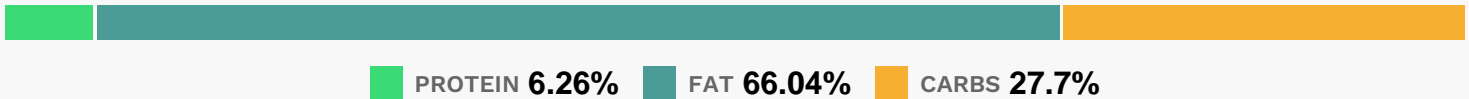
### Equipment

- ☐ frying pan

### Directions

- ☐ Bring a large pan of salted water to the boil, then tip in 1 kg trimmed Brussels sprouts. Once back to the boil, cook for 5 mins.
- ☐ Drain, run under the cold tap until cold, then drain again.
- ☐ Heat a large frying pan, add 6 rashers smoked streaky bacon, cut into bite-sized pieces, and gently fry for 10 mins until crisp and golden.
- ☐ Tip out of the pan, leaving the fat behind, then add 200g chestnuts and fry over a high heat for about 5 mins until tinged. Tip out of the pan.
- ☐ Add the Brussels sprouts to the pan with a splash of water, then cover and finish cooking over a medium heat for about 5 mins, stirring now and again, until just tender.
- ☐ Uncover, turn up the heat, then add most of the 50g butter and saut the sprouts for 2 mins more.
- ☐ Tip in the bacon and chestnuts, season generously with salt and pepper, then serve with the last knob of butter on top.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:5.96, Inflammation Score:-2, Nutrition Score:3.1617391588895%

## Nutrients (% of daily need)

Calories: 162.62kcal (8.13%), Fat: 11.93g (18.35%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 11.26g (4.09%), Sugar: 0g (0%), Cholesterol: 24.33mg (8.11%), Sodium: 149.92mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin C: 10.05mg (12.18%), Vitamin B6: 0.13mg (6.6%), Copper: 0.11mg (5.57%), Vitamin B1: 0.08mg (5.46%), Selenium: 3.38µg (4.83%), Vitamin B3: 0.94mg (4.71%), Potassium: 155.17mg (4.43%), Manganese: 0.09mg (4.29%), Folate: 14.69µg (3.67%), Phosphorus: 34.76mg (3.48%), Vitamin A: 168.79IU (3.38%), Magnesium: 9.6mg (2.4%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.32mg (2.15%), Iron: 0.3mg (1.69%), Vitamin B12: 0.09µg (1.55%), Vitamin E: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.15%)