



Brussels Sprouts with Bacon, Cranberries and Pecans



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon cut into 1/2 inch slices)
- ☐ 1 pound brussels sprouts cleaned drained quartered (, , blanched and)
- ☐ 2 tablespoons cranberries dried
- ☐ 2 tablespoons pecans chopped ()
- ☐ 4 servings salt and pepper to taste
- ☐ 1 shallots diced ()

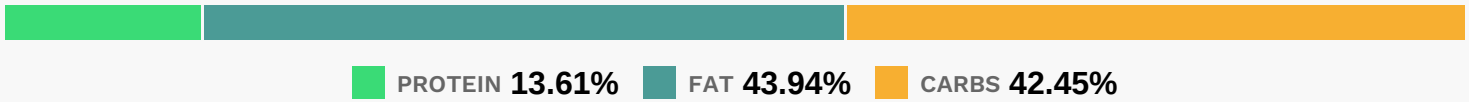
Equipment

☐ frying pan

Directions

- ☐ Cook the bacon in a pan and set aside reserving 1 tablespoon of the bacon grease.
- ☐ Add the shallots to the pan and cook in the bacon grease and saute until, tender about 3–5 minutes.
- ☐ Add the brussels sprouts to the pan, season with salt and pepper, toss in the grease and saute for a minute.
- ☐ Remove from heat and mix in the cranberries and pecans.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:18.202608604794%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 156.78kcal (7.84%), Fat: 8.39g (12.91%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 12.86g (4.68%), Sugar: 8.63g (9.59%), Cholesterol: 7.26mg (2.42%), Sodium: 296.08mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin K: 201.51µg (191.91%), Vitamin C: 96.96mg (117.53%), Manganese: 0.65mg (32.35%), Fiber: 5.39g (21.55%), Folate: 72.4µg (18.1%), Vitamin A: 862.14IU (17.24%), Vitamin B6: 0.31mg (15.63%), Vitamin B1: 0.23mg (15.05%), Potassium: 507.99mg (14.51%), Phosphorus: 112.28mg (11.23%), Iron: 1.87mg (10.36%), Magnesium: 35.07mg (8.77%), Vitamin E: 1.28mg (8.5%), Copper: 0.15mg (7.72%), Vitamin B2: 0.12mg (7.11%), Vitamin B3: 1.4mg (7%), Selenium: 4.34µg (6.19%), Zinc: 0.87mg (5.77%), Calcium: 54.78mg (5.48%), Vitamin B5: 0.49mg (4.89%)