



WHATSheATE



Brussels Sprouts with Bacon, Garlic, and Shallots



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 pounds brussels sprouts trimmed halved
- ☐ 6 garlic clove thinly sliced
- ☐ 0.8 cup beef broth fat-free
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shallots sliced (1 large)
- ☐ 6 slices bacon chopped

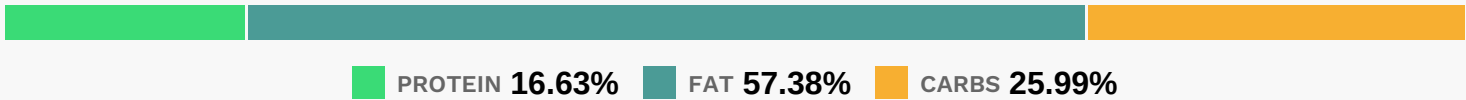
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add bacon, and saut for 5 minutes or until bacon begins to brown.
- ☐ Remove pan from heat.
- ☐ Remove the bacon from pan with a slotted spoon, reserving 1 tablespoon drippings in pan (discard the remaining drippings).
- ☐ Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; saut 4 minutes.
- ☐ Add garlic, and saute for 4 minutes or until garlic begins to brown, stirring frequently.
- ☐ Add the chicken broth, and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally.
- ☐ Remove from heat; stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:19.408695550069%

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 Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 219.53kcal (10.98%), Fat: 14.66g (22.56%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 9.93g (3.61%), Sugar: 4.08g (4.53%), Cholesterol: 23.76mg (7.92%), Sodium: 373mg (16.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.13%), Vitamin K: 200.99µg (191.42%), Vitamin C: 98.9mg (119.88%), Manganese: 0.5mg (24.96%), Vitamin B6: 0.45mg (22.47%), Fiber: 5.01g (20.05%), Folate: 75.97µg (18.99%), Potassium: 650.84mg (18.6%), Vitamin B1: 0.27mg (18.32%), Vitamin A: 869.63IU (17.39%), Phosphorus: 146.57mg (14.66%), Selenium: 9.72µg (13.88%), Vitamin B3: 2.35mg (11.77%), Iron: 2.03mg (11.26%), Magnesium: 35.36mg (8.84%), Vitamin B2: 0.14mg (8.15%), Vitamin E: 1.16mg (7.76%), Zinc: 1.02mg (6.77%), Vitamin B5: 0.63mg (6.26%), Calcium: 62.37mg (6.24%), Copper: 0.12mg (6.07%), Vitamin B12: 0.18µg (3%)