



Brussels Sprouts with Chestnuts and Bacon

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

Ingredients

- 1.5 pounds brussels sprouts ends trimmed halved
- 12 ounces vacuum-packed chestnuts fresh canned shelled cut in half (or 1 lb. , if available)
- 2 teaspoons juice of lemon
- 0.5 teaspoon nutmeg
- 3 tablespoons olive oil
- 0.5 teaspoon pepper
- 0.8 teaspoon sea salt
- 1 large shallots sliced

8 oz bacon thick-cut cut into 1/2-in. pieces

Equipment

bowl

frying pan

baking sheet

oven

pot

sieve

Directions

Preheat oven to 35

Toss chestnuts in oil and put on a rimmed baking sheet.

Bake, turning often, until slightly toasted but not dry, 10 to 15 minutes.

Bring a large pot of salted water to a boil.

Add brussels sprouts and cook until bright green and just tender, about 6 minutes.

Drain and rinse with cold water.

Cook bacon in a large frying pan over medium heat, stirring often, until almost crisp.

Drain bacon in a strainer, reserving fat in a bowl.

Wipe out pan and add 3 tbsp. reserved bacon fat.

Add shallot and cook, stirring often, until softened and starting to brown, about 3 minutes.

Add drained brussels sprouts and cook, stirring often and adding more fat if needed, until browned and starting to crisp, about 6 minutes.

Sprinkle with salt, pepper, nutmeg, and lemon juice, stirring to combine.

Transfer to a serving bowl and top with reserved bacon and chestnuts.

Nutrition Facts



PROTEIN 9.82% **FAT 52.89%** **CARBS 37.29%**

Properties

Glycemic Index:27.25, Glycemic Load:11.71, Inflammation Score:-7, Nutrition Score:18.607391315958%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 288.04kcal (14.4%), Fat: 17.34g (26.68%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 24.12g (8.77%), Sugar: 2.18g (2.43%), Cholesterol: 18.71mg (6.24%), Sodium: 428.34mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin K: 153.93µg (146.6%), Vitamin C: 90.12mg (109.24%), Manganese: 0.46mg (23.1%), Vitamin B6: 0.42mg (21.16%), Folate: 77.97µg (19.49%), Vitamin B1: 0.26mg (17.36%), Potassium: 606.71mg (17.33%), Fiber: 3.39g (13.57%), Vitamin A: 663.82IU (13.28%), Copper: 0.26mg (12.76%), Phosphorus: 118.1mg (11.81%), Vitamin B3: 2.25mg (11.26%), Vitamin E: 1.63mg (10.87%), Selenium: 7.11µg (10.15%), Iron: 1.79mg (9.96%), Magnesium: 36.9mg (9.22%), Vitamin B5: 0.63mg (6.35%), Vitamin B2: 0.11mg (6.32%), Zinc: 0.92mg (6.12%), Calcium: 47.42mg (4.74%), Vitamin B12: 0.14µg (2.36%)