



Brussels Sprouts with Chestnuts and Double-Smoked Bacon

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 5 cups brussels sprouts trimmed
- 10 honey peeled quartered
- 1.5 teaspoons thyme sprigs fresh
- 1.8 cups chicken broth low-sodium
- 2 cups pearl onions peeled
- 8 servings salt

- 0.3 pound slab bacon smoked cut into lardons (1/4-by-3/4-inch rectangles)
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- pot
- slotted spoon

Directions

- Fill a large pot with water and bring it to a boil over high heat.
- Add enough salt until the water is salty tasting. Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Cook the Brussels sprouts in the boiling water until crisp-tender, about 4 to 5 minutes; they will still have some bite to them.
- Drain the sprouts and place in the ice bath. When cool, remove the sprouts from the ice water, halve lengthwise, and set aside.
- Place a large sauté pan over medium heat.
- Add the bacon in a single layer and cook over medium heat until the fat is rendered and the bacon is golden brown, about 10 minutes.
- Remove the bacon with a slotted spoon and set aside; reserve the pan drippings.
- Add the onions to the pan and reduce the heat to low. Cook the onions, stirring occasionally, until they turn a deep golden color, about 8 to 10 minutes.
- Add the chestnuts and cook, stirring occasionally, until thoroughly heated and well coated with bacon fat, about 2 minutes. Increase the heat to high, add the reserved bacon and Brussels sprouts, and stir well.
- Add the chicken broth and cover; the contents will quickly come to a boil. Reduce the heat to low and cook until the Brussels sprouts are heated through. Stir in the butter and season with salt and pepper.
- Sprinkle with thyme and serve.

Nutrition Facts



■ PROTEIN 14.24% ■ FAT 44.58% ■ CARBS 41.18%

Properties

Glycemic Index:23.75, Glycemic Load:4.66, Inflammation Score:-8, Nutrition Score:13.827391233133%

Flavonoids

Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg

Nutrients (% of daily need)

Calories: 148.43kcal (7.42%), Fat: 7.72g (11.88%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 12.87g (4.68%), Sugar: 3.79g (4.21%), Cholesterol: 13.12mg (4.37%), Sodium: 319.69mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin K: 97.87µg (93.21%), Vitamin C: 55.95mg (67.82%), Manganese: 0.32mg (15.91%), Vitamin B6: 0.27mg (13.65%), Folate: 51.12µg (12.78%), Fiber: 3.17g (12.69%), Potassium: 427.66mg (12.22%), Vitamin B1: 0.16mg (10.55%), Vitamin A: 485.95IU (9.72%), Phosphorus: 95.97mg (9.6%), Vitamin B3: 1.88mg (9.4%), Copper: 0.14mg (7.08%), Iron: 1.24mg (6.87%), Magnesium: 24.74mg (6.19%), Selenium: 4.05µg (5.78%), Vitamin B2: 0.1mg (5.69%), Calcium: 43.97mg (4.4%), Zinc: 0.61mg (4.08%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.38mg (3.76%), Vitamin B12: 0.13µg (2.09%)