



Brussels Sprouts with Crispy Bacon and Shallots

 Gluten Free

READY IN



28 min.

SERVINGS



7

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 cups brussels sprouts trimmed halved thinly sliced
- ☐ 1 tablespoon butter
- ☐ 0.3 cup beef broth fat-free
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 cup shallots finely chopped (1 large shallot)
- ☐ 2 slices bacon diced

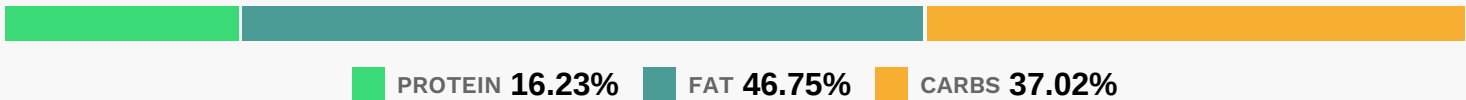
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat 3 minutes, stirring often. Using a slotted spoon, remove bacon, reserving drippings in pan; drain bacon.
- ☐ Add shallots to drippings in pan; saut 1 to 2 minutes or until lightly browned.
- ☐ Add butter and Brussels sprouts; saut 3 minutes.
- ☐ Add broth; saut 2 minutes. Stir in vinegar.
- ☐ Remove pan from heat; stir in pepper, and sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:12.229130547332%

Flavonoids

Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 76.99kcal (3.85%), Fat: 4.32g (6.65%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 4.91g (1.79%), Sugar: 2.27g (2.52%), Cholesterol: 8.45mg (2.82%), Sodium: 87.45mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin K: 111.72µg (106.4%), Vitamin C: 54.34mg (65.87%), Manganese: 0.26mg (13.23%), Fiber: 2.79g (11.14%), Folate: 42.26µg (10.56%), Vitamin A: 527.48IU (10.55%), Vitamin B6: 0.19mg (9.69%), Potassium: 314.95mg (9%), Vitamin B1: 0.11mg (7.45%), Phosphorus: 60.06mg (6.01%), Iron: 1.06mg (5.92%), Magnesium: 17.95mg (4.49%), Vitamin E: 0.63mg (4.22%), Vitamin B2: 0.06mg (3.81%), Vitamin B3: 0.75mg (3.73%), Selenium: 2.43µg (3.47%), Calcium: 32.12mg (3.21%), Copper: 0.06mg (2.93%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.39mg (2.58%)