



Brussels Sprouts with Onions and Bacon

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon diced lean finely
- 2 pounds brussels sprouts trimmed
- 4 tablespoons butter
- 2 cups chicken broth
- 2 cloves garlic minced
- 4 servings salt and pepper black freshly ground
- 1 medium onion diced yellow

Equipment

paper towels

pot

Directions

In a heavy-bottomed pot over medium heat, fry the bacon until crisp.

Remove the bacon and drain on paper towels.

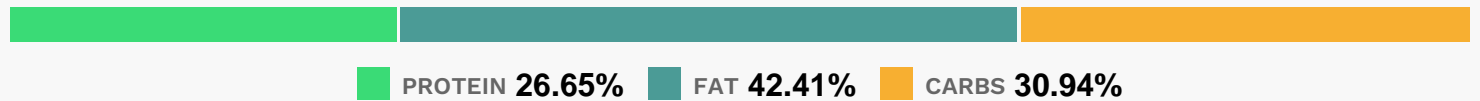
Saute the onion and garlic in the bacon fat over low heat until soft, about 3 minutes.

Add the Brussels sprouts and stir them around so that they are coated with the bacon fat. Season with salt and pepper, to taste.

Add the broth and cook, covered, over low heat until the sprouts are easily pierced with a fork, about 12 to 15 minutes. Stir in the butter and transfer the sprouts to a serving dish.

Garnish with bacon bits and serve.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:4.46, Inflammation Score:-9, Nutrition Score:24.930434747883%

Flavonoids

Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg, Naringenin: 7.46mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 285.34kcal (14.27%), Fat: 14.59g (22.44%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 14.81g (5.39%), Sugar: 6.68g (7.43%), Cholesterol: 32.45mg (10.82%), Sodium: 1718mg (74.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.25%), Vitamin K: 402.71µg (383.53%), Vitamin C: 195.28mg (236.7%), Manganese: 0.89mg (44.58%), Vitamin A: 2063.49IU (41.27%), Fiber: 9.14g (36.57%), Folate: 144.05µg (36.01%), Vitamin B6: 0.55mg (27.45%), Potassium: 954.24mg (27.26%), Vitamin B1: 0.36mg (23.76%), Iron: 3.35mg (18.63%), Phosphorus: 174.98mg (17.5%), Vitamin B2: 0.29mg (16.91%), Vitamin E: 2.38mg (15.84%), Magnesium: 56.91mg (14.23%), Calcium: 112.8mg (11.28%), Vitamin B3: 2mg (9.98%), Copper: 0.19mg (9.65%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.11mg (7.42%), Selenium: 4.59µg (6.56%)