



Brussels Sprouts with Smoked Bacon in a Mustard Cream Topped with a Parmesan Crust

♡ Popular

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon cut into 1 inch pieces
- ☐ 2 pounds brussels sprouts trimmed cut in half
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons grainy mustard
- ☐ 1 cup milk

- ☐ 0.3 teaspoon nutmeg
- ☐ 1 small onion diced
- ☐ 0.5 cup panko bread crumbs
- ☐ 1 cup parmigiano reggiano cheese grated
- ☐ 4 servings salt and pepper to taste

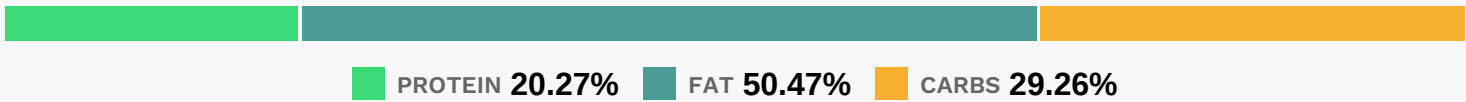
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Blanch the brussels sprouts until just tender and set aside.Cook the bacon in a pan, set it aside and drain all but a tablespoon of the grease.
- ☐ Add the butter to the pan and let it melt and then bubble.
- ☐ Add the onion and cook until tender, about 5-7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Mix in the flour and let simmer until it just starts to brown a little.
- ☐ Mix in the milk, nutmeg, mustard, salt and pepper and half of the cheese and heat until the cheese melts and the sauce thickens.
- ☐ Mix brussels sprouts and bacon into the sauce and pour into a baking dish.
- ☐ Mix the bread crumbs and the remaining cheese and sprinkle on top of the brussels sprouts.
- ☐ Bake in a preheated 350F oven until it is bubbling on the sides and golden brown on top, about 15-20 minutes.

Nutrition Facts



Properties

Glycemic Index:95.25, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:33.320869590925%

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: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 457.15kcal (22.86%), Fat: 26.77g (41.19%), Saturated Fat: 12.9g (80.63%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 25.2g (9.16%), Sugar: 9.49g (10.55%), Cholesterol: 58.08mg (19.36%), Sodium: 1045.18mg (45.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.39%), Vitamin K: 403.23µg (384.03%), Vitamin C: 194.34mg (235.56%), Calcium: 494.13mg (49.41%), Manganese: 0.94mg (46.99%), Phosphorus: 465.12mg (46.51%), Vitamin A: 2195.4IU (43.91%), Folate: 159.16µg (39.79%), Fiber: 9.72g (38.88%), Vitamin B1: 0.56mg (37.59%), Vitamin B6: 0.68mg (33.93%), Potassium: 1113.55mg (31.82%), Selenium: 22.09µg (31.56%), Vitamin B2: 0.46mg (26.82%), Iron: 4.21mg (23.38%), Magnesium: 83.85mg (20.96%), Vitamin B3: 3.75mg (18.76%), Zinc: 2.46mg (16.37%), Vitamin E: 2.4mg (16.03%), Vitamin B12: 0.81µg (13.49%), Vitamin B5: 1.31mg (13.13%), Copper: 0.22mg (10.99%), Vitamin D: 0.91µg (6.06%)