



Brussels Sprouts with Tomato, Olives, and Bacon



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 3 slices 0%-less-fat bacon (such as Gwaltney)
- ☐ 1 teaspoon bottled garlic minced
- ☐ 16 ounce brussels sprouts frozen
- ☐ 14.5 ounce canned tomatoes diced with roasted garlic, drained canned
- ☐ 0.3 cup olives green sliced
- ☐ 1 cup onion finely chopped
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

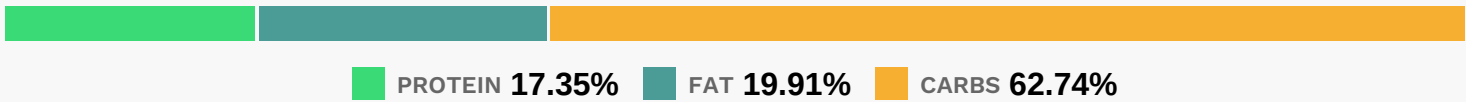
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Partially thaw Brussels sprouts in microwave at HIGH 3 1/2 minutes; cut sprouts in half. Set aside.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 tablespoon drippings in pan.
- ☐ Drain bacon on paper towels; crumble and set aside.
- ☐ Add onion to drippings in pan; saut 2 minutes.
- ☐ Add garlic; saut 1 minute. Stir in Brussels sprouts; cook, stirring occasionally, 4 minutes or until mixture is browned. Stir in tomatoes and next 3 ingredients; cook until thoroughly heated.
- ☐ Sprinkle reserved bacon over top.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:4.93, Inflammation Score:-9, Nutrition Score:21.534347798513%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 122.86kcal (6.14%), Fat: 3.15g (4.84%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 14.93g (5.43%), Sugar: 8.79g (9.76%), Cholesterol: 0.71mg (0.24%), Sodium: 487.81mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin K: 206.7µg (196.86%), Vitamin C: 109.19mg (132.36%), Manganese: 0.66mg (32.95%), Fiber: 7.37g (29.48%), Vitamin B6: 0.47mg (23.49%), Potassium: 812.05mg (23.2%), Folate: 90.53µg (22.63%), Vitamin A: 1121.78IU (22.44%), Vitamin E: 2.73mg (18.17%), Iron: 3.1mg (17.21%), Vitamin B1: 0.26mg (17.21%), Copper: 0.3mg (15.1%), Magnesium: 52.4mg (13.1%), Phosphorus: 125.29mg (12.53%), Vitamin B3: 2.18mg (10.92%), Calcium: 100.52mg (10.05%), Vitamin B2: 0.17mg (9.92%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.84mg (5.62%), Selenium: 2.92µg (4.17%)