



Caramelized Brussels Sprouts with Cranberries and Bacon

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



292 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 2 servings pepper black freshly ground
- 1 teaspoon brown sugar
- 16 brussels sprouts trimmed sliced in half lengthwise
- 0.5 cup cranberries
- 0.5 onion diced red
- 3 tablespoons red wine vinegar

- 2 servings salt
- 2 tablespoons butter unsalted divided

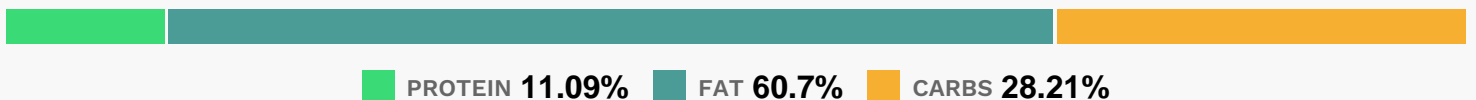
Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Fill a large pot with water and bring to a boil over high heat. Generously salt the water and add the Brussels sprouts. Simmer the sprouts until just tender, about 5 minutes. Do not overcook.
- Drain the sprouts well.
- Heat a large skillet over medium heat and saute the bacon until browned and crisp, stirring occasionally.
- Remove the bacon from the pan to a plate lined with a paper towel. Crumble the bacon and set aside.
- Leave the bacon fat in the pan and add the red onions and 1 tablespoon of butter.
- Saute until the onions are translucent, 2 to 3 minutes.
- Add the cranberries and cook for 1 minute. Stir in the red wine vinegar and brown sugar and cook until the liquid is slightly reduced, about 3 minutes.
- Add the sprouts to the skillet and stir to coat with the vinegar mixture.
- Add the remaining 1 tablespoon butter. Stir in the reserved bacon. Season with salt and freshly ground black pepper, to taste, and transfer to a bowl to serve.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:4.03, Inflammation Score:-9, Nutrition Score:21.588260889053%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 292.11kcal (14.61%), Fat: 20.61g (31.7%), Saturated Fat: 10.23g (63.91%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 14.38g (5.23%), Sugar: 7.53g (8.36%), Cholesterol: 44.62mg (14.87%), Sodium: 382.95mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Vitamin K: 271.54µg (258.61%), Vitamin C: 134.85mg (163.45%), Manganese: 0.67mg (33.28%), Vitamin A: 1520.18IU (30.4%), Fiber: 7.17g (28.68%), Folate: 98.65µg (24.66%), Vitamin B6: 0.44mg (22.01%), Potassium: 711.15mg (20.32%), Vitamin B1: 0.29mg (19.23%), Phosphorus: 152.68mg (15.27%), Vitamin E: 2.09mg (13.96%), Iron: 2.46mg (13.68%), Magnesium: 43.39mg (10.85%), Vitamin B3: 2.08mg (10.42%), Selenium: 7.19µg (10.27%), Vitamin B2: 0.17mg (10.12%), Calcium: 80.2mg (8.02%), Copper: 0.15mg (7.36%), Vitamin B5: 0.72mg (7.19%), Zinc: 0.99mg (6.59%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.3µg (1.99%)