



Cheesy Bacon Brussels Sprouts

READY IN



60 min.

SERVINGS



10

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1.3 lb brussels sprouts cut in half (5 cups)* ()
- ☐ 6 slices bacon cut into 1-inch pieces
- ☐ 1 tablespoon butter
- ☐ 1 cup onion finely chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper
- ☐ 2 teaspoons chicken soup base
- ☐ 0.3 cup parmesan shredded

- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.8 cup frangelico

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat oven to 350°F. In 3-quart saucepan, place Brussels sprouts; add enough water just to cover.
- ☐ Heat to boiling; boil 6 to 8 minutes or until crisp-tender.
- ☐ Drain and return to saucepan; set aside.
- ☐ Meanwhile, in 10-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp.
- ☐ Remove bacon with slotted spoon; drain on paper towels and set aside.
- ☐ Drain all but 1 tablespoon bacon fat from skillet.
- ☐ Add butter to bacon fat in skillet.
- ☐ Heat over medium-high heat until butter is melted.
- ☐ Add onion; cook 2 to 3 minutes, stirring frequently, until crisp-tender.
- ☐ Add flour, thyme and pepper; cook and stir until well blended. Gradually stir in half-and-half and bouillon granules.
- ☐ Heat to boiling, stirring constantly; boil and stir 1 minute.
- ☐ Remove from heat; stir in Parmesan cheese.
- ☐ Pour sauce over Brussels sprouts in saucepan; mix gently. Spoon into 2-quart casserole.
- ☐ Bake uncovered 25 to 30 minutes, sprinkling with crumbled bacon and Cheddar cheese for last 10 minutes of baking, until hot and bubbly.

Nutrition Facts



 PROTEIN **18.24%**  FAT **59.97%**  CARBS **21.79%**

Properties

Glycemic Index:26.5, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:12.901739076428%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 9.4g (14.46%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 5.22g (1.9%), Sugar: 2.04g (2.27%), Cholesterol: 16.68mg (5.56%), Sodium: 301.28mg (13.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin K: 100.7µg (95.9%), Vitamin C: 49.47mg (59.96%), Phosphorus: 113.71mg (11.37%), Manganese: 0.23mg (11.37%), Vitamin A: 568.1IU (11.36%), Calcium: 109.27mg (10.93%), Folate: 40.59µg (10.15%), Fiber: 2.47g (9.87%), Vitamin B6: 0.19mg (9.33%), Selenium: 6.36µg (9.08%), Vitamin B1: 0.13mg (8.8%), Potassium: 281.07mg (8.03%), Vitamin B2: 0.11mg (6.37%), Iron: 0.97mg (5.39%), Vitamin B3: 1.04mg (5.2%), Magnesium: 19.81mg (4.95%), Zinc: 0.73mg (4.85%), Vitamin E: 0.65mg (4.37%), Vitamin B5: 0.31mg (3.14%), Copper: 0.06mg (2.82%), Vitamin B12: 0.17µg (2.81%)