



Cider-Glazed Brussels Sprouts

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.8 cup apple cider
- 4 slices oscar mayer bacon cut into 1-inch pieces
- 0.3 tsp pepper black freshly ground
- 2 lb brussels sprouts trimmed halved
- 1 Tbsp butter
- 0.3 tsp ground nutmeg
- 1 small onion red thinly sliced

0.3 cup sugar

Equipment

bowl

frying pan

paper towels

slotted spoon

Directions

Cook and stir bacon in large skillet on medium heat until crisp.

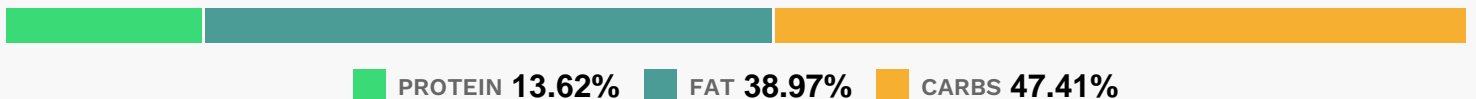
Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings from skillet.

Add butter, onions and Brussels sprouts to reserved drippings in skillet; cook and stir on medium-high heat 1 to 2 min. or until Brussels sprouts are lightly browned.

Mix next 4 ingredients until blended; pour over sprouts. Cook 5 min. or until liquid is cooked off and sprouts are evenly glazed, stirring occasionally. Stir in bacon.

Spoon Brussels sprouts into serving bowl; top with nuts.

Nutrition Facts



Properties

Glycemic Index:13.27, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:7.27608691739%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 52.56kcal (2.63%), Fat: 2.45g (3.78%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 5.13g (1.86%), Sugar: 3.71g (4.12%), Cholesterol: 3.54mg (1.18%), Sodium: 36.52mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 64.32µg (61.26%), Vitamin C: 31.23mg (37.86%), Manganese: 0.16mg (7.89%), Fiber: 1.59g (6.37%), Folate: 23.41µg (5.85%), Vitamin A: 289.4IU (5.79%), Vitamin B6: 0.1mg (4.84%), Potassium: 168.97mg (4.83%), Vitamin B1: 0.07mg (4.38%), Vitamin E: 0.58mg (3.9%), Phosphorus: 36.52mg (3.65%), Iron: 0.58mg (3.21%), Magnesium: 12.13mg (3.03%), Vitamin B2: 0.05mg (2.88%), Vitamin B3: 0.46mg (2.28%), Calcium: 19.76mg (1.98%), Copper: 0.04mg (1.98%), Selenium: 1.37µg (1.96%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.46%)