



Dinner Tonight: Braised Brussels Sprouts with Bacon, Golden Raisins and Pasta

READY IN



45 min.

SERVINGS



2

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 12 ounces brussels sprouts trimmed halved
- ☐ 1 cup chicken broth
- ☐ 0.3 cup mirin dry
- ☐ 0.5 cup golden raisins
- ☐ 1 tablespoon olive oil
- ☐ 2 servings parmesan cheese grated
- ☐ 6 ounces pasta like spaghetti (spaghetti or linguine)

- ☐ 2 servings salt and pepper
- ☐ 0.8 cup shallots sliced

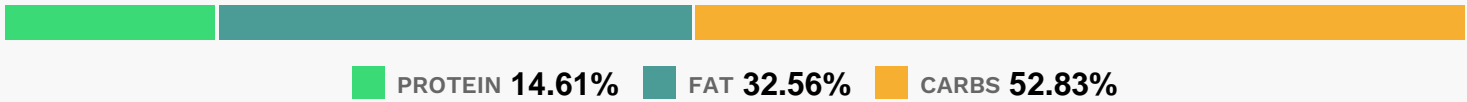
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon

Directions

- ☐ Add the bacon and olive oil to a large non-stick skillet set over medium heat. Sauté until the bacon is nearly crisp, about 5 minutes.
- ☐ Remove the bacon and drain on some paper towels.
- ☐ Toss in the brussels sprouts and shallots and cook in the bacon fat, stirring occasionally, for about 5 minutes. The Brussels sprouts should start to brown.
- ☐ Pour in the broth and vermouth, and sprinkle in the raisins. Bring pan to a boil, dislodging any browned bits on the bottom with a wooden spoon. Reduce to a simmer, cover, and cook until the sprouts are tender, about 10 to 15 minutes.
- ☐ Add the bacon back to the pan just to warm it up.
- ☐ Meanwhile, cook the pasta according to the directions on the box. When al dente, transfer the pasta to the skillet and cook over high heat for 1 minute, stirring constantly. Season with salt and pepper to taste. Grate some parmesan on top, and serve.

Nutrition Facts



Properties

Glycemic Index:80.33, Glycemic Load:47.47, Inflammation Score:-9, Nutrition Score:42.624782686648%

Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Quercetin: 4.14mg, Quercetin:

4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 964.74kcal (48.24%), Fat: 35.16g (54.09%), Saturated Fat: 11.89g (74.33%), Carbohydrates: 128.38g (42.79%), Net Carbohydrates: 114.91g (41.78%), Sugar: 34.98g (38.86%), Cholesterol: 57.49mg (19.16%), Sodium: 1508.76mg (65.6%), Alcohol: 2.85g (100%), Alcohol %: 0.59% (100%), Protein: 35.49g (70.98%), Vitamin K: 307.86µg (293.2%), Vitamin C: 152.84mg (185.26%), Selenium: 77.61µg (110.86%), Manganese: 1.81mg (90.44%), Phosphorus: 631.29mg (63.13%), Fiber: 13.47g (53.9%), Vitamin B6: 1.06mg (52.89%), Potassium: 1581.67mg (45.19%), Calcium: 413.63mg (41.36%), Folate: 152.12µg (38.03%), Vitamin B1: 0.52mg (34.89%), Magnesium: 132.48mg (33.12%), Iron: 5.64mg (31.33%), Vitamin A: 1564.21IU (31.28%), Copper: 0.62mg (31.14%), Vitamin B2: 0.5mg (29.39%), Zinc: 4.29mg (28.57%), Vitamin B3: 5.35mg (26.77%), Vitamin E: 3.07mg (20.44%), Vitamin B5: 1.55mg (15.52%), Vitamin B12: 0.65µg (10.81%), Vitamin D: 0.33µg (2.17%)