



## How to Make Brussels Sprouts with Bacon Dressing



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

### Ingredients

- ☐ 4 ounces bacon sliced
- ☐ 2 tablespoons brown sugar
- ☐ 1.3 pounds brussels sprouts
- ☐ 1 pinch cayenne pepper
- ☐ 0.3 cup cider vinegar
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 juice of lemon juiced

☐ 1 tablespoon vegetable oil

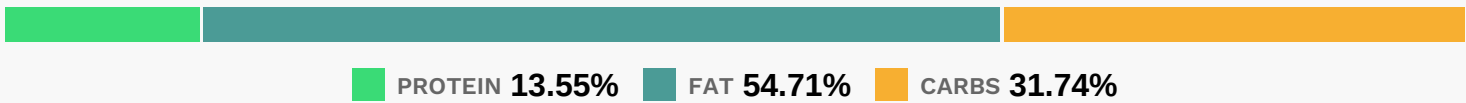
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Slice each Brussels sprout in half, cut each half into into strips, and discard the cores.
- ☐ Transfer to a large bowl.
- ☐ Heat vegetable oil in a skillet over medium heat. Cook and stir bacon until browned and crisp, 8 to 10 minutes. Stir in cider vinegar, lemon juice, and brown sugar. Season with salt, black pepper, and cayenne pepper to taste. Increase heat to high and boil for 1 minute.
- ☐ Pour hot bacon mixture over the bowl of Brussels sprouts and toss to coat completely. Season with salt and black pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:19.836956459543%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 4.77mg, Naringenin: 4.77mg, Naringenin: 4.77mg, Naringenin: 4.77mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

## Nutrients (% of daily need)

Calories: 238.19kcal (11.91%), Fat: 15.1g (23.23%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 14.28g (5.19%), Sugar: 9.21g (10.23%), Cholesterol: 18.71mg (6.24%), Sodium: 225.89mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.83%), Vitamin K: 257.33µg (245.08%), Vitamin C: 123.41mg (149.58%), Manganese: 0.55mg (27.42%), Folate: 88.07µg (22.02%), Vitamin A: 1090.67IU (21.81%), Fiber: 5.44g (21.76%), Vitamin B6: 0.39mg (19.63%), Vitamin B1: 0.28mg (18.48%), Potassium: 639.61mg (18.27%), Phosphorus: 141.29mg (14.13%), Iron: 2.2mg (12.23%), Selenium: 8.07µg (11.53%), Vitamin E: 1.67mg (11.11%), Vitamin

B3: 2.21mg (11.06%), Magnesium: 38.2mg (9.55%), Vitamin B2: 0.15mg (8.95%), Calcium: 68.26mg (6.83%), Zinc: 0.95mg (6.3%), Vitamin B5: 0.61mg (6.14%), Copper: 0.12mg (5.91%), Vitamin B12: 0.14µg (2.36%)