



Layered Maple Bacon Brussels Salad

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb bacon
- 2 cups pecans
- 2 lb brussels sprouts trimmed cut in fourths
- 1 tablespoon salt
- 1 teaspoon pepper
- 3 tablespoons worcestershire sauce
- 0.3 cup maple syrup
- 4 apples cored thinly sliced cut into wedges,

- 0.3 cup apple cider vinegar
- 4 cups baby spinach packed
- 8 oz cheese blue crumbled

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- baking pan
- skewers

Directions

- Heat oven to 400°F. Spray baking pan with sides with cooking spray.
- Place bacon in single layer on pan.
- Bake 25 to 35 minutes or until crispy, turning once.
- Drain on paper towel-lined plate; strain drippings into bowl, and set pan aside. Crumble bacon.
- Place pecans on another baking pan. Roast 7 to 12 minutes or until fragrant and slightly browned. Cool completely on pan.
- Increase oven temperature to 425°F. In large bowl, toss Brussels sprouts, salt, pepper, Worcestershire sauce and maple syrup with 1/4 cup of the bacon drippings. Reserve remaining drippings for another use. Toss to coat and transfer to the pan used to cook the bacon. Roast 30 to 45 minutes or until sprouts brown and are tender when pierced with skewer or paring knife. Stir sprouts and cooking liquid; cool on pan, about 15 minutes.
- In large bowl, toss apples thoroughly in vinegar, then drain and transfer to plate.
- In 6-quart trifle bowl or glass bowl, layer as follows: Start with the sprouts, being careful to keep sides of bowl clean while filling. Top with half of the spinach, then half of the blue cheese.
- Add apples, then remaining spinach, pecans, remaining blue cheese and bacon.

Nutrition Facts

PROTEIN 11.97% FAT 61.86% CARBS 26.17%

Properties

Glycemic Index:20.13, Glycemic Load:5.38, Inflammation Score:-9, Nutrition Score:23.461738995884%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 348.75kcal (17.44%), Fat: 25.18g (38.74%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 17.79g (6.47%), Sugar: 13.23g (14.7%), Cholesterol: 26.65mg (8.88%), Sodium: 1007.37mg (43.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Vitamin K: 184.79µg (175.99%), Vitamin C: 70.59mg (85.57%), Manganese: 1.3mg (65.07%), Vitamin A: 1705.18IU (34.1%), Fiber: 6.17g (24.7%), Phosphorus: 213.01mg (21.3%), Vitamin B1: 0.3mg (19.82%), Folate: 78.14µg (19.53%), Potassium: 623.31mg (17.81%), Vitamin B2: 0.3mg (17.81%), Calcium: 170.88mg (17.09%), Vitamin B6: 0.33mg (16.34%), Copper: 0.31mg (15.37%), Magnesium: 57.41mg (14.35%), Zinc: 1.93mg (12.86%), Iron: 2.22mg (12.33%), Selenium: 8.51µg (12.16%), Vitamin B3: 1.87mg (9.37%), Vitamin E: 1.34mg (8.95%), Vitamin B5: 0.85mg (8.54%), Vitamin B12: 0.33µg (5.42%), Vitamin D: 0.17µg (1.13%)