



Maple Bacon Braised Brussels Sprouts

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 6 strips bacon
- ☐ 4 cups brussels sprouts
- ☐ 6 tablespoons butter cubed
- ☐ 1 teaspoon ground pepper black
- ☐ 4 tablespoons maple syrup
- ☐ 1 teaspoon salt

Equipment

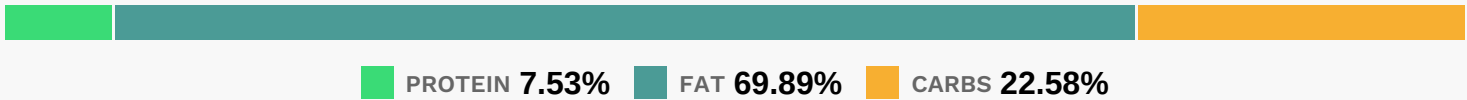
- ☐ frying pan

- ☐ paper towels
- ☐ cutting board

Directions

- ☐ Rinse the Brussels sprouts under cold water and reserve on a dry cloth to dry. Once dry, cut each sprout into quarters and place aside.
- ☐ Place the bacon strips on a cutting board and cut into 3/4-inch strips. In a medium saute pan, heat the lardons over medium heat until crisp. Strain the lardons out of the pan and place on paper towels. Keep the bacon fat in the pan, add the butter and heat until melted. Once the butter is melted, add the Brussels sprouts and stir frequently.
- ☐ Saute until the sprouts begin to brown.
- ☐ Add the lardons back to the sprouts and add the maple syrup.
- ☐ Heat until the syrup appears to stick to the Brussels sprouts and a deep caramelization is reached. Season with the salt and pepper.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:6.44, Inflammation Score:-8, Nutrition Score:18.786086906557%

Flavonoids

Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 381.27kcal (19.06%), Fat: 30.41g (46.78%), Saturated Fat: 15.24g (95.27%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 18.64g (6.78%), Sugar: 13.94g (15.48%), Cholesterol: 66.93mg (22.31%), Sodium: 958.76mg (41.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin K: 158.05µg (150.52%), Vitamin C: 74.8mg (90.67%), Manganese: 0.83mg (41.27%), Vitamin A: 1203.26IU (24.07%), Vitamin B2: 0.37mg (21.65%), Vitamin B1: 0.23mg (15.21%), Vitamin B6: 0.28mg (14.13%), Fiber: 3.47g (13.88%), Folate: 54.4µg (13.6%), Potassium: 464.46mg (13.27%), Selenium: 8.28µg (11.82%), Phosphorus: 114.07mg (11.41%), Vitamin B3: 2.01mg (10.07%), Vitamin E: 1.41mg (9.39%), Iron: 1.45mg (8.04%), Magnesium: 29.69mg (7.42%), Calcium: 68.03mg (6.8%), Zinc: 0.93mg (6.17%), Vitamin B5: 0.49mg (4.85%), Copper: 0.08mg (4.13%), Vitamin B12: 0.2µg (3.35%)