



Maple-Glazed Brussels Sprouts

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 6 slices maple syrup
- 6 cups brussels sprouts trimmed halved
- 2 shallots finely chopped
- 0.5 cup chicken broth
- 0.3 cup maple syrup
- 0.8 teaspoon salt
- 0.8 teaspoon pepper freshly ground
- 0.5 cup pecans toasted chopped

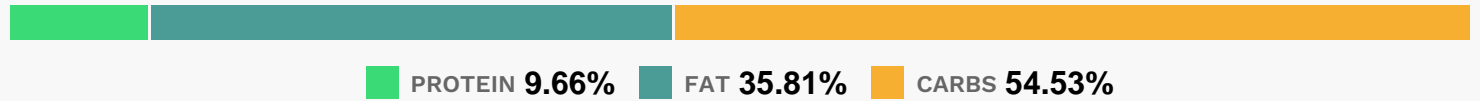
Equipment

- frying pan
- paper towels

Directions

- In 12-inch nonstick skillet, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside.
- Add Brussels sprouts and shallots to drippings in skillet; cook over medium-high heat, stirring occasionally, until browned.
- Add broth to skillet.
- Heat to boiling; reduce heat. Cover; simmer 5 to 10 minutes. Stir in syrup, salt and pepper. Cook uncovered over medium-high heat 2 to 4 minutes, stirring frequently, until Brussels sprouts are glazed.
- Sprinkle with bacon and pecans.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:4.88, Inflammation Score:-6, Nutrition Score:14.920869425101%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 5.15g (7.92%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 14.22g (5.17%), Sugar: 10.77g (11.96%), Cholesterol: 0.29mg (0.1%), Sodium: 291.07mg (12.66%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Vitamin K: 117.42µg (111.82%), Vitamin C: 56.67mg (68.7%), Manganese: 0.9mg (45.21%), Vitamin B2: 0.26mg (15.2%), Fiber: 3.41g (13.64%), Folate: 43.92µg (10.98%), Vitamin B1: 0.15mg (10.21%), Vitamin A: 503.02IU (10.06%), Potassium: 342.6mg (9.79%), Vitamin B6: 0.18mg (9.05%), Magnesium: 28.18mg (7.05%), Copper: 0.14mg (6.92%), Phosphorus: 69.04mg (6.9%), Iron: 1.22mg (6.76%), Calcium: 51.8mg (5.18%), Zinc: 0.72mg (4.82%), Vitamin E: 0.69mg (4.58%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.28mg (2.85%), Selenium: 1.46µg (2.08%)