



WHATSheATE



Maple-Glazed Brussels Sprouts



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

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

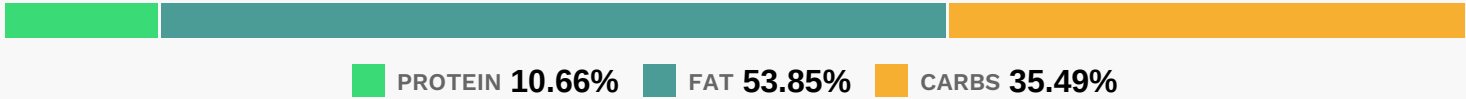
Equipment

- ☐ 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:17.56, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:15.863912875238%

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: 186.34kcal (9.32%), Fat: 11.7g (17.99%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 13.93g (5.07%), Sugar: 10.32g (11.46%), Cholesterol: 11.18mg (3.73%), Sodium: 400.23mg (17.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin K: 117.42µg (111.82%), Vitamin C: 56.67mg (68.7%), Manganese: 0.89mg (44.44%), Vitamin B2: 0.26mg (15.43%), Fiber: 3.41g (13.64%), Vitamin B1: 0.2mg (13.21%), Vitamin B6: 0.22mg (11.24%), Folate: 43.92µg (10.98%), Potassium: 373.58mg (10.67%), Vitamin A: 509.13IU (10.18%), Phosphorus: 92.8mg (9.28%), Magnesium: 30.01mg (7.5%), Copper: 0.15mg (7.26%), Iron: 1.28mg (7.13%), Selenium: 4.77µg (6.82%), Vitamin B3: 1.29mg (6.46%), Zinc: 0.91mg (6.08%), Calcium: 51.8mg (5.18%), Vitamin E: 0.76mg (5.05%), Vitamin B5: 0.38mg (3.76%), Vitamin B12: 0.09µg (1.42%)