



WHATSheATE



Roasted Brussels Sprouts and Bacon in a Mustard Cream Sauce

♥ Popular

READY IN



40 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon cut into 1 inch pieces
- ☐ 1.5 pounds brussels sprouts trimmed quartered
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons grainy mustard
- ☐ 1 cup milk

- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 0.5 cup parmigiano reggiano cheese grated
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon miso white

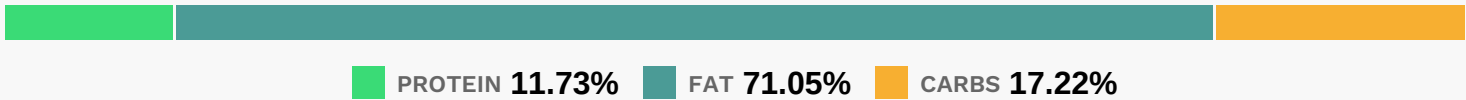
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toss the brussels sprouts in the olive oil, salt and pepper, spread them out in a single layer on a baking sheet and roast in a preheated 400F oven until golden brown, about 20–30 minutes, flipping half way through.Meanwhile, cook the bacon in a pan, set it aside and drain all but a tablespoon of the grease.
- ☐ Add the butter to the pan and let it melt and bubble.
- ☐ Add the onion and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Mix in the flour and let cook until it just starts to brown a little.
- ☐ Mix in the milk, mustard, miso, parmesan, brussels sprouts and bacon, season with salt and pepper and let it simmer until it thickens, about 3–5 minutes

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:5.96, Inflammation Score:-9, Nutrition Score:27.265652179718%

Flavonoids

Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg, Naringenin: 5.6mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 532.07kcal (26.6%), Fat: 43.69g (67.22%), Saturated Fat: 22.7g (141.87%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 16.39g (5.96%), Sugar: 6.71g (7.46%), Cholesterol: 105.31mg (35.1%), Sodium: 885.21mg (38.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.47%), Vitamin K: 307.63µg (292.98%), Vitamin C: 146.5mg (177.57%), Vitamin A: 2447.32IU (48.95%), Manganese: 0.71mg (35.39%), Fiber: 7.43g (29.72%), Phosphorus: 297.12mg (29.71%), Folate: 118.77µg (29.69%), Calcium: 274.7mg (27.47%), Vitamin B6: 0.51mg (25.45%), Vitamin B1: 0.37mg (24.77%), Potassium: 827.73mg (23.65%), Selenium: 16.12µg (23.03%), Vitamin B2: 0.37mg (21.5%), Vitamin E: 2.97mg (19.83%), Iron: 3.09mg (17.14%), Magnesium: 59.97mg (14.99%), Vitamin B3: 2.55mg (12.77%), Zinc: 1.69mg (11.26%), Vitamin B5: 0.94mg (9.43%), Copper: 0.18mg (8.84%), Vitamin D: 1.1µg (7.35%), Vitamin B12: 0.37µg (6.17%)