



Roasted Brussels Sprouts and Cauliflower with Bacon Dressing

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

Ingredients

- 1.5 lb brussels sprouts fresh trimmed cut in half
- 4 lb cauliflower cut into florets
- 0.3 cup olive oil
- 2 tablespoons sugar
- 10 slices bacon
- 2 tablespoons citrus champagne vinegar
- 1 tablespoon olive oil

- 2 cloves garlic finely chopped
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 0.8 cup kalamata olives pitted coarsely chopped
- 1 tablespoon parsley fresh chopped
- 1 teaspoon thyme sprigs fresh chopped

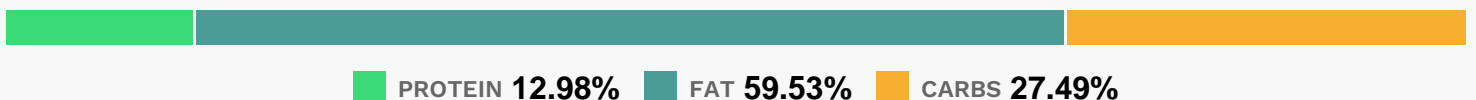
Equipment

- bowl
- frying pan
- paper towels
- oven
- roasting pan

Directions

- Heat oven to 450°F. In large roasting pan, toss Brussels sprouts, cauliflower, 1/4 cup oil and the sugar.
- Spread vegetables in single layer.
- Roast uncovered 45 to 48 minutes, stirring after 30 minutes, until vegetables are tender and browned.
- Meanwhile, in 12-inch skillet, cook bacon over medium-high heat 15 minutes or until crisp; drain on paper towels. Crumble bacon; set aside.
- Transfer 2 tablespoons bacon drippings to small bowl; stir in vinegar, 1 tablespoon oil, the garlic, salt and pepper.
- Drizzle vinaigrette over roasted vegetables.
- Add bacon, olives, parsley, and thyme; toss to coat.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:3.84, Inflammation Score:-8, Nutrition Score:19.481739106386%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 210.38kcal (10.52%), Fat: 14.84g (22.84%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 9.9g (3.6%), Sugar: 6.19g (6.87%), Cholesterol: 12.1mg (4.03%), Sodium: 506.95mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin C: 121.95mg (147.82%), Vitamin K: 132.93µg (126.6%), Folate: 121.63µg (30.41%), Vitamin B6: 0.46mg (23.05%), Manganese: 0.45mg (22.58%), Fiber: 5.52g (22.09%), Potassium: 719.57mg (20.56%), Vitamin B1: 0.21mg (13.88%), Phosphorus: 133.85mg (13.39%), Vitamin B5: 1.29mg (12.94%), Vitamin E: 1.84mg (12.27%), Vitamin A: 503.95IU (10.08%), Magnesium: 39.65mg (9.91%), Vitamin B3: 1.96mg (9.79%), Vitamin B2: 0.16mg (9.38%), Iron: 1.66mg (9.21%), Selenium: 5.66µg (8.09%), Calcium: 65.14mg (6.51%), Copper: 0.12mg (6.05%), Zinc: 0.88mg (5.87%), Vitamin B12: 0.09µg (1.53%)