



Roasted Brussels sprouts with bacon & chestnuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg brussels sprouts trimmed
- ☐ 200 g honey roughly chopped
- ☐ 200 g bacon smoked
- ☐ 1 tsp vegetable oil

Equipment

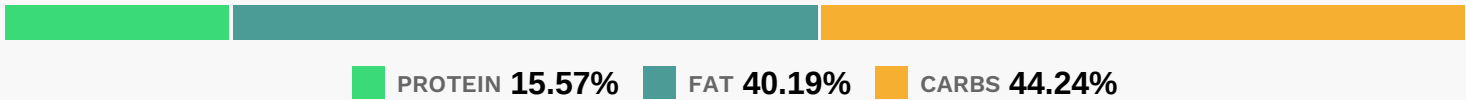
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Bring a large pan of water to the boil, add the sprouts and cook for 5 mins.
- ☐ Drain and refresh in cold water.
- ☐ Toss the sprouts with all the other ingredients in a bowl and season with a pinch of salt and a good grinding of black pepper. Tip onto a large baking tray in a single layer. Put in the oven and roast for 30 mins, tossing halfway through, until the bacon is crispy and the sprouts are golden and tender.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:9.05, Inflammation Score:-9, Nutrition Score:23.439565199873%

Flavonoids

Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 238.85kcal (11.94%), Fat: 11.36g (17.48%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 21.02g (7.64%), Sugar: 4.13g (4.58%), Cholesterol: 16.5mg (5.5%), Sodium: 212.88mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Vitamin K: 332.91µg (317.06%), Vitamin C: 169.43mg (205.36%), Manganese: 0.72mg (35.93%), Folate: 128.88µg (32.22%), Vitamin A: 1429.5IU (28.59%), Fiber: 7.13g (28.5%), Vitamin B6: 0.57mg (28.26%), Potassium: 899.88mg (25.71%), Vitamin B1: 0.37mg (24.38%), Phosphorus: 174.88mg (17.49%), Iron: 2.96mg (16.46%), Magnesium: 53.63mg (13.41%), Vitamin B3: 2.68mg (13.39%), Copper: 0.25mg (12.31%), Vitamin E: 1.8mg (12.02%), Selenium: 8.02µg (11.46%), Vitamin B2: 0.19mg (11.35%), Calcium: 84.75mg (8.48%), Vitamin B5: 0.84mg (8.37%), Zinc: 1.21mg (8.03%), Vitamin B12: 0.13µg (2.08%)