



Roasted Brussels Sprouts with Blue Cheese and Bacon

READY IN



30 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cheese blue crumbled
- ☐ 2.5 cups brussels sprouts fresh trimmed
- ☐ 2 tablespoons bacon crumbled cooked
- ☐ 1 tablespoon flour
- ☐ 2 tablespoons olive oil cut in small pieces
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 large size oven bag reynolds®

☐ 0.5 teaspoon thyme leaves dried

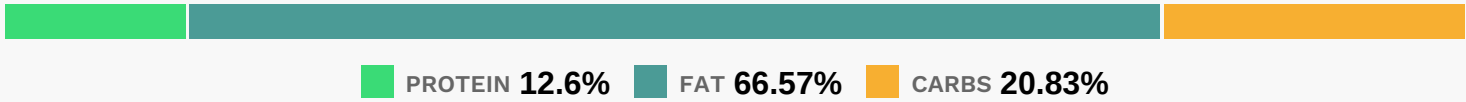
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place Reynolds® Oven Bag in 13x9x2-inch baking pan.
- ☐ Add flour, thyme, salt and pepper to bag; squeeze bag to blend seasonings.
- ☐ Add Brussels sprouts and butter to oven bag. Turn bag several times to mix. Arrange Brussels sprouts in an even layer.
- ☐ Close bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- ☐ Bake 15 to 20 minutes or until Brussels sprouts are tender. Carefully cut bag open.
- ☐ Spoon Brussels sprouts into medium serving bowl immediately; sprinkle Brussels sprouts with blue cheese and bacon. Cover with Reynolds Wrap Aluminum Foil and let sit 5 minutes. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:11.739565375706%

Flavonoids

Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg, Naringenin: 1.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol:

0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 121.66kcal (6.08%), Fat: 9.42g (14.5%), Saturated Fat: 2.08g (13%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 4.43g (1.61%), Sugar: 1.23g (1.37%), Cholesterol: 6.09mg (2.03%), Sodium: 403.71mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin K: 101.86µg (97.01%), Vitamin C: 47.15mg (57.15%), Manganese: 0.22mg (11.01%), Vitamin E: 1.52mg (10.12%), Folate: 38.38µg (9.59%), Vitamin A: 455.26IU (9.11%), Fiber: 2.21g (8.83%), Vitamin B1: 0.11mg (7.47%), Vitamin B6: 0.15mg (7.35%), Potassium: 245.7mg (7.02%), Phosphorus: 67.56mg (6.76%), Iron: 1mg (5.55%), Selenium: 3.8µg (5.43%), Vitamin B2: 0.08mg (4.8%), Vitamin B3: 0.93mg (4.65%), Calcium: 44.06mg (4.41%), Magnesium: 15.57mg (3.89%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.28mg (2.81%), Copper: 0.05mg (2.48%), Vitamin B12: 0.08µg (1.35%)