



Sautéed Brussels Sprouts with Bacon

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- 1 pound brussels sprouts trimmed halved
- 0.3 teaspoon thyme dried
- 0.3 cup beef broth fat-free
- 1.5 cups onion
- 3 slices bacon finely chopped

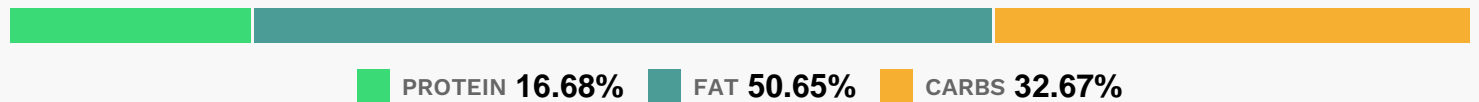
Equipment

- frying pan
- slotted spoon

Directions

- Heat a large skillet over medium-high heat.
- Add bacon; cook 7 minutes or until crisp.
- Remove bacon from pan with a slotted spoon; drain.
- Add thyme and onion to pan; saut 3 minutes.
- Add broth and Brussels sprouts; bring to a boil. Cover and simmer 6 minutes or until crisp-tender.
- Sprinkle with bacon.
- Lemon and Pecan variation: Omit bacon; use 1 teaspoon olive oil in place of bacon drippings. Substitute 1 cup prechopped onion for sliced onion. To finish, stir in 1/4 cup chopped pecans, 2 teaspoons grated lemon rind, 1 tablespoon fresh lemon juice, and 1/4 teaspoon black pepper.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:18.84478273599%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.36mg, Quercetin: 14.36mg, Quercetin: 14.36mg, Quercetin: 14.36mg

Nutrients (% of daily need)

Calories: 186.77kcal (9.34%), Fat: 11.12g (17.11%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 10.79g (3.92%), Sugar: 5.04g (5.6%), Cholesterol: 17.82mg (5.94%), Sodium: 246.19mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin K: 202.03µg (192.41%), Vitamin C: 100.86mg (122.25%), Manganese: 0.47mg (23.37%), Fiber: 5.35g (21.41%), Folate: 80.74µg (20.19%), Vitamin B6: 0.39mg (19.63%), Potassium: 622.69mg (17.79%), Vitamin A: 868.59IU (17.37%), Vitamin B1: 0.26mg (17.34%), Phosphorus: 134.65mg (13.47%), Selenium: 7.54µg (10.78%), Iron: 1.9mg (10.56%), Vitamin B3: 2mg (10.02%), Magnesium: 35.46mg (8.86%), Vitamin B2: 0.14mg (8.26%), Vitamin E: 1.13mg (7.54%), Calcium: 63.96mg (6.4%),

Zinc: 0.9mg (6%), Vitamin B5: 0.57mg (5.74%), Copper: 0.11mg (5.73%), Vitamin B12: 0.14µg (2.25%)