



Sautéed Brussels Sprouts with Bacon and Golden Raisins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 1 teaspoon pepper black
- ☐ 2 pounds brussels sprouts trimmed
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

☐ 1 small onion red cut into thin half-moons

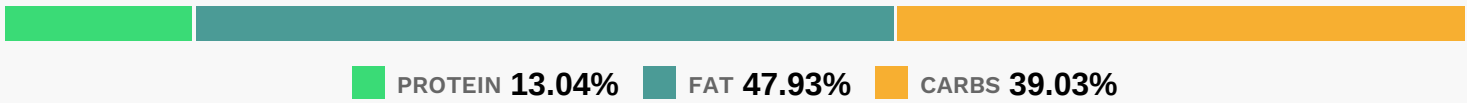
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 425 F. In a small saucepan, over medium heat, warm the vinegar.
- ☐ Add the raisins. Turn off heat; let plump. In a large skillet, fry the bacon until crisp, about 7 minutes. Reserve the drippings.
- ☐ Cut any large sprouts in half.
- ☐ Place the sprouts on a baking sheet or in an ovenproof pan. Toss with the oil, 2 tablespoons of the bacon drippings, the salt, and pepper. Roast, stirring once, for about 30 minutes. Meanwhile, cook the onion in the remaining drippings over medium heat for 5 to 7 minutes.
- ☐ Sprinkle the sprouts with the onions, crumbled bacon, and plumped raisins. **Make Ahead:** Trim the Brussels sprouts a couple of days in advance, and refrigerate them in an unsealed plastic bag. Cook the bacon and onion up to several hours before serving.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:6.12, Inflammation Score:-8, Nutrition Score:18.114347906216%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 185.14kcal (9.26%), Fat: 10.45g (16.08%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 14.18g (5.16%), Sugar: 8.5g (9.45%), Cholesterol: 10.89mg (3.63%), Sodium: 430.77mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin K: 203.6µg (193.91%), Vitamin C: 97.7mg (118.42%), Manganese: 0.5mg (24.97%), Fiber: 4.97g (19.87%), Folate: 72.1µg (18.02%), Vitamin A: 862.77IU (17.26%), Vitamin B6: 0.34mg (16.94%), Potassium: 575.79mg (16.45%), Vitamin B1: 0.21mg (14.03%), Phosphorus: 118mg (11.8%), Iron: 1.92mg (10.68%), Vitamin E: 1.59mg (10.59%), Magnesium: 33.79mg (8.45%), Vitamin B3: 1.63mg (8.15%), Vitamin B2: 0.14mg (8.05%), Selenium: 5.29µg (7.56%), Copper: 0.13mg (6.47%), Calcium: 58.79mg (5.88%), Zinc: 0.73mg (4.89%), Vitamin B5: 0.48mg (4.75%), Vitamin B12: 0.08µg (1.38%)