



Shredded Brussels Sprouts

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



100 kcal

SIDE DISH

Ingredients

- 1 strip bacon sliced into thin strips
- 1 pinch brown sugar
- 6 ounces brussels sprouts (2 big handfuls)
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 cloves garlic minced
- 0.5 juice of lemon
- 2 servings kosher salt and pepper black freshly ground
- 1 shallots minced

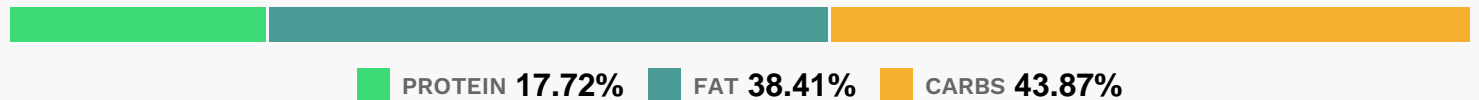
Equipment

- frying pan
- slotted spoon

Directions

- Watch how to make this recipe.
- Cook the bacon until crisp in a large skillet.
- Remove with a slotted spoon to a plate.
- While the bacon is cooking, cut off the ends of the brussels sprouts. Then chop the Brussels sprouts in half.
- Lay them cut-side-down and finely chop until they are all shredded.
- Add the garlic and shallots to the skillet and saute until fragrant and the shallots are soft, 1 to 2 minutes. Stir in the Brussels sprouts and saute until tender crisp, 3 to 5 minutes.
- Add a pinch of brown sugar. Season with salt and pepper and add the lemon juice.
- Saute for 1 minute more. Toss with the chopped parsley and bacon.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:15.957825960025%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg, Naringenin: 2.9mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 100.43kcal (5.02%), Fat: 4.69g (7.21%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 8.24g (2.99%), Sugar: 3.58g (3.97%), Cholesterol: 7.26mg (2.42%), Sodium: 97.45mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Vitamin K: 183.65µg (174.91%), Vitamin C: 79.79mg (96.71%), Manganese: 0.39mg (19.58%), Vitamin A: 815.58IU (16.31%), Fiber: 3.81g (15.23%), Folate: 60.78µg (15.2%), Vitamin B6: 0.3mg (15.08%), Potassium: 427.2mg (12.21%), Vitamin B1: 0.17mg (11.05%), Phosphorus: 88.55mg (8.86%), Iron: 1.58mg (8.78%), Magnesium: 25.92mg (6.48%), Selenium: 4.17µg (5.95%), Vitamin B3: 1.16mg (5.78%), Vitamin B2: 0.09mg (5.56%), Vitamin E: 0.83mg (5.54%), Calcium: 50.39mg (5.04%), Copper: 0.09mg (4.49%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.4mg (3.98%)