



WHATSHATE



Shredded Brussels Sprouts Sauté



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 1.5 lb brussels sprouts fresh trimmed thinly sliced
- ☐ 2 shallots thinly sliced
- ☐ 0.3 cup chicken broth
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.8 oz bread canned

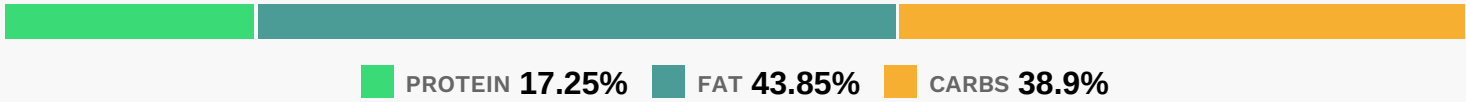
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In 12-inch skillet, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside. Reserve drippings in skillet.
- ☐ Cook Brussels sprouts and shallots in drippings 8 minutes over medium heat, stirring frequently, until lightly browned and tender. Stir in reserved bacon, broth, thyme, salt and pepper.
- ☐ Remove from heat.
- ☐ Sprinkle with onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:5.64, Inflammation Score:-8, Nutrition Score:16.168260846449%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 137.7kcal (6.89%), Fat: 7.08g (10.88%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 10.44g (3.8%), Sugar: 2.86g (3.18%), Cholesterol: 11.09mg (3.7%), Sodium: 372.67mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin K: 150.66µg (143.48%), Vitamin C: 73.19mg (88.72%), Manganese: 0.37mg (18.39%), Folate: 66.32µg (16.58%), Vitamin B1: 0.24mg (16.01%), Fiber: 3.69g (14.74%), Vitamin A: 659.69IU (13.19%), Vitamin B6: 0.26mg (13.16%), Potassium: 399.31mg (11.41%), Selenium: 7.63µg (10.9%), Iron: 1.77mg (9.85%), Phosphorus: 97.27mg (9.73%), Vitamin B3: 1.81mg (9.07%), Vitamin B2: 0.14mg (8.26%), Magnesium: 26.53mg (6.63%), Vitamin E: 0.85mg (5.64%), Zinc: 0.69mg (4.61%), Calcium: 45.51mg (4.55%), Copper: 0.09mg (4.5%), Vitamin B5: 0.41mg (4.08%), Vitamin B12: 0.08µg (1.41%)