

Bacon-Pecan Brussels Sprouts

Publix Aprons Simple Meals

Servings: 4

1 pound fresh Brussels sprouts

1 shallot

4 slices bacon

1/2 cup pecan halves

1 tablespoon sugar

2 tablespoons white vinegar

1/4 teaspoon Kosher salt

Trim the stems from the bottom of the sprouts. Cut the sprouts in half and then slice thinly. Set aside.

Chop the shallot. Set aside.

Preheat a large saute' pan on medium heat for 2 to 3 minutes.

Cut the bacon into 1/2-inch pieces (easy to do with kitchen shears). Add to the pan. Cook and stir for 4 to 5 minutes or until the bacon just begins to crisp.

Stir in the shallot and pecans. Cook and stir for 3 to 4 minutes or until the bacon is fully crisped.

Stir in the sugar and vinegar. Then add the sprouts and salt. Cook and stir for 3 to 4 minutes or until tender. Serve.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 141 Calories; 12g Fat (74.3% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 219mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	trace
% Calories from Fat:	74.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	17.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	trace

Total Fat (g): 12g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 5mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 219mg
Potassium (mg): 99mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 329IU
Vitamin A (r.e.): 33RE

Folacin (mcg): 6mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 141 **Calories from Fat:** 105

% Daily Values*

Total Fat	12g	19%
Saturated Fat	2g	9%
Cholesterol	5mg	2%
Sodium	219mg	9%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	4%
Protein	3g	
Vitamin A		7%
Vitamin C		4%
Calcium		1%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.