

Maple-Bacon Brussels Sprouts

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Servings: 8

8 ounces maple bacon, diced
2 pounds Brussels sprouts, trimmed
and halved
1/2 cup heavy cream
1/4 cup pure maple syrup
3/4 teaspoon salt
1/4 teaspoon black pepper

Preparation Time: 15 minutes

Cook Time: 23 minutes

Heat a large skillet over medium heat. Cook the bacon until crispy, about 8 minutes. Remove with a slotted spoon to a paper-towel-lined plate.

In the same pan, pour off all but three tablespoons of the bacon fat (if not enough fat, add canola oil to compensate). Add the Brussels sprouts and cook for 10 minutes, stirring occasionally. Pour in the heavy cream; reduce by half, about 3 minutes.

Stir in the cooked bacon, maple syrup, salt and pepper. Cook for 2 more minutes, until the Brussels sprouts are tender and the sauce has thickened.

Per Serving (excluding unknown items): 95 Calories; 6g Fat (49.3% calories from fat); 4g Protein; 10g Carbohydrate; 4g Dietary Fiber; 20mg Cholesterol; 231mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	95	Vitamin B6 (mg):	.2mg
% Calories from Fat:	49.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	36.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	63mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	20mg
Carbohydrate (g):	10g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	231mg
Potassium (mg):	409mg
Calcium (mg):	54mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	87mg
Vitamin A (i.u.):	1121IU
Vitamin A (r.e.):	152 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	95	Calories from Fat: 47
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% Daily Values*

Total Fat	6g	9%
Saturated Fat	3g	17%
Cholesterol	20mg	7%
Sodium	231mg	10%
Total Carbohydrates	10g	3%
Dietary Fiber	4g	16%
Protein	4g	
Vitamin A		22%
Vitamin C		145%
Calcium		5%
Iron		8%

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