

# Brussels Sprouts Hash

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## Servings: 8

*4 thick slices applewood smoked  
bacon*

*2 tablespoons unsalted butter*

*3 large shallots, sliced into thin  
rounds*

*3 large cloves garlic, minced*

*1 1/2 pounds Brussels sprouts,  
trimmed and cut into quarters  
lengthwise*

*1/2 cup reduced-sodium chicken  
broth*

*2 tablespoons balsamic vinegar*

*1/4 teaspoon sugar*

*1 teaspoon coarse salt*

*freshly ground black pepper*

In a large heavy skillet over medium-low heat, cook the bacon for 10 to 12 minutes. Transfer to a paper towel-lined plate. Drain off all but one tablespoon of the fat.

Increase the heat to medium. Add the butter and shallots to the pan. Saute' until light golden, about 5 minutes.

Add the garlic. Saute' about 1 minute.

Add the Brussels sprouts. Saute' for 3 minutes.

Add the broth. Cover and cook until crisp-tender, 3 to 5 minutes more.

Uncover and cook off excess liquid.

Add the vinegar and sugar. Cook, stirring, for 2 minutes.

Roughly crumble the bacon and add to the sprouts. Stir in the salt and pepper.

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Per Serving (excluding unknown items): 64 Calories; 3g Fat (38.7% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 255mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	64	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	38.7%
% Calories from Carbohydrates:	45.9%
% Calories from Protein:	15.5%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
Carbohydrate (g):	8g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	255mg
Potassium (mg):	320mg
Calcium (mg):	38mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	66mg
Vitamin A (i.u.):	1253IU
Vitamin A (r.e.):	141RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	48mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 64 Calories from Fat: 25

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	2g	9%
<b>Cholesterol</b>	8mg	3%
<b>Sodium</b>	255mg	11%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	3g	12%
<b>Protein</b>	3g	
<b>Vitamin A</b>		25%
<b>Vitamin C</b>		110%
<b>Calcium</b>		4%
<b>Iron</b>		6%

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