

# Creamed Brussels Sprouts

*Publix Aprons*  
*www.Publix.com*

## Servings: 6

*1 pound fresh Brussels Sprouts*  
*3 ounces shallots, finely chopped*  
*4 slices center-cut bacon, chopped*  
*1 teaspoon fresh thyme (leaves only)*  
*2 ounces deli Gruyere cheese*  
*1/2 cup Alfredo sauce*

Remove the ends from the sprouts. Cut in half and slice. Chop the shallots and bacon (wash hands).

Preheat a large saute' pan on medium for 2 to 3 minutes. Place the bacon in the pan. Cook and stir for 4 to 5 minutes or until the bacon is browned and crispy.

Remove the bacon from the pan (reserve two tablespoons of bacon fat in the pan).

Add the sprouts and shallots to the bacon fat. Cook and stir for 4 to 5 minutes or until the sprouts are tender.

Remove the leaves from the thyme stem. Shred the cheese (1/2 cup).

Stir in the Alfredo sauce, bacon, thyme and cheese until the cheese is melted and the mixture is hot.

Serve.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 50 Calories; 4g Fat (63.6% calories from fat); 1g Protein; 3g Carbohydrate; 0g Dietary Fiber; 12mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Side Dishes

Calories (kcal):	50	Vitamin B6 (mg):	trace
% Calories from Fat:	63.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	26.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	0mg
Total Fat (g):	4g	Folacin (mcg):	5mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Refuse:	n n%
Carbohydrate (g):	3g		
Dietary Fiber (g):	0g		
Protein (g):	1g		
Sodium (mg):	112mg		
Potassium (mg):	47mg		
Calcium (mg):	5mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1770IU		
Vitamin A (r.e.):	177RE		

### Food Exchanges

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

### Nutrition Facts

Servings per Recipe: 6

Amount Per Serving		
Calories	50	Calories from Fat: 32
% Daily Values*		
Total Fat	4g	6%
Saturated Fat	2g	12%
Cholesterol	12mg	4%
Sodium	112mg	5%
Total Carbohydrates	3g	1%
Dietary Fiber	0g	0%
Protein	1g	
Vitamin A		35%
Vitamin C		2%
Calcium		1%
Iron		1%

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