

# Roasted Brussels Sprouts with Bacon

Debbie Arrington - Sacramento, CA  
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## Servings: 8

1 1/2 pounds Brussels sprouts  
4 slices double-smoked or hickory-smoked thick-sliced bacon, diced

### VINAIGRETTE

3 egg yolks  
1 tablespoon Dijon mustard  
1 shallot  
1 1/2 cups white balsamic vinegar  
3 cups olive oil  
Kosher salt  
ground black pepper

Preheat the oven to 400 degrees.

Remove the bottom (stem end) of the sprouts and trim off one layer of outer leaves.

In a medium pan, add the diced bacon and lightly brown. Strain off most of the fat. Set the bacon to one side.

Add the Brussels sprouts to the pan. Toss with the remaining bacon fat. Roast the sprouts in the oven for 35 to 40 minutes until tender.

Make the vinaigrette: In a blender, place the yolks, mustard, shallot and vinegar. On medium speed, slowly add the oil (if the consistency is too thick, add a little water). Add salt and pepper to taste. (You'll have more than you need for the sprouts.)

Toss the roasted sprouts with bacon and some of the white vinaigrette. Serve.

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Per Serving (excluding unknown items): 774 Calories; 83g Fat (94.4% calories from fat); 4g Protein; 7g Carbohydrate; 3g Dietary Fiber; 80mg Cholesterol; 45mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 16 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	774	Vitamin B6 (mg):	.2mg
% Calories from Fat:	94.4%	Vitamin B12 (mcg):	.2mcg

**% Calories from Carbohydrates:** 3.7%  
**% Calories from Protein:** 1.9%  
**Total Fat (g):** 83g  
**Saturated Fat (g):** 12g  
**Monounsaturated Fat (g):** 60g  
**Polyunsaturated Fat (g):** 7g  
**Cholesterol (mg):** 80mg  
**Carbohydrate (g):** 7g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 4g  
**Sodium (mg):** 45mg  
**Potassium (mg):** 310mg  
**Calcium (mg):** 43mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 65mg  
**Vitamin A (i.u.):** 954IU  
**Vitamin A (r.e.):** 119 1/2RE

**Thiamin B1 (mg):** .1mg  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 56mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 16 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 774 **Calories from Fat:** 731

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#### % Daily Values\*

<b>Total Fat</b>	83g	128%
	Saturated Fat 12g	58%
<b>Cholesterol</b>	80mg	27%
<b>Sodium</b>	45mg	2%
<b>Total Carbohydrates</b>	7g	2%
	Dietary Fiber 3g	12%
<b>Protein</b>	4g	
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<b>Vitamin A</b>		19%
<b>Vitamin C</b>		109%
<b>Calcium</b>		4%
<b>Iron</b>		9%

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