



Warm Shaved Brussels Sprouts Salad with Bacon and Maple-Balsamic Dressing Vinaigrette

Servings

3

Calories

330

Prep Time

5 minutes

Total Time

12 minutes

Skill Level

Easy

Ingredients

1 (9 ounces) package Mann's Shaved Brussels Sprouts

6 slices bacon

1/3 cup white balsamic vinegar

1 1/2 tablespoons pure maple syrup

2 teaspoons Dijon mustard

1/2 teaspoons salt

pepper to taste

1/4 cup pecans, toasted (optional)



The Method

Cook bacon in a skillet over medium high heat until crisp on both sides. Remove bacon from pan, set aside, break into pieces. Reserve 2 tablespoons of drippings in pan, add vinegar, syrup, mustard, salt, pepper and Shaved Brussels Sprouts and cook for 1-2 minutes, stirring until crisp-tender. Sprinkle with bacon and toasted nuts and serve.

Nutrition Facts

Serving Size: 186g | Servings: 3

Amount Per Serving

Calories 330 | Calories from Fat 210 | Total Fat 23g (sat fat 8g trans 0g) | Cholesterol 40mg | Sodium 890mg | Total Carbohydrate 21g | Dietary Fiber 3g | Sugars 13g | Protein 10g | Vitamin A 15% | Vitamin C 120% | Calcium 6% | Iron 10%