

Brussels With Hustle

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-christmas-sprouts-and-bacon-recipe>

Ingredients:

- 15 1/8 cups sprouts Brussel
- olive oil
- 1 knob butter
- 4 smoked streaky bacon rashers quality, finely sliced
- 2 sprigs sage leaves picked
- sea salt
- ground black pepper freshly
- 2 tablespoons worcestershire sauce
- 2 cloves garlic

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 250 milligrams
9. Sugar: 1 grams

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