

Bacon Brussel Sprouts

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/canadian-thanksgiving-brussel-sprouts-recipe>

Ingredients:

- 1 pound brussel sprouts halved
- 4 strips bacon precooked, chopped
- 3 tablespoons olive oil
- 3 cloves garlic minced
- 1/4 cup grated Parmesan cheese
- salt
- pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 20 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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