

# BRUSSELS SPROUTS, EGGS, AND BACON BAKE

## INGREDIENTS:

- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 pounds Brussels sprouts
- 4 slices bacon, diced
- 4 eggs
- 2 tablespoons parmesan (optional)
- 1/4 teaspoon red pepper flakes
- 2 tablespoons fresh chives, chopped
- Salt and pepper

## DIRECTIONS:

1. Preheat oven to 400° F and spray a baking sheet dish with cooking spray.
2. In a small bowl, whisk together balsamic vinegar, honey, olive oil, and garlic; season with salt and pepper to taste.
3. Place Brussels sprouts and bacon in a single layer onto prepared baking sheet. Stir in vinegar mixture. Place into oven and bake for 10 – 12 minutes, or until tender.
4. Remove from oven and create 4 wells, gently cracking the eggs while keeping the yolk intact. Sprinkle with parmesan and red pepper flakes; salt and pepper to taste.
5. Bake until the egg whites have set, then bake an additional 9 minutes. Serve immediately and garnish with chives.

## Nutrition Facts

Serving Size (304g)

Servings Per Container 4

Amount Per Serving

**Calories 270**      **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**      **14%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 165mg**      **55%**

**Sodium 170mg**      **7%**

**Total Carbohydrate 28g**      **9%**

Dietary Fiber 8g      **32%**

Sugars 11g

**Protein 16g**

**Vitamin A 20%**      • **Vitamin C 250%**

**Calcium 6%**      • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Source: damndelicious.net

