



Shaved Brussels Sprouts, Bacon & Apple Salad

1 serving

15 minutes

Ingredients

117 grams Brussels Sprouts (trimmed and halved)
1/3 Apple (chopped)
13 grams Red Onion (medium, diced)
1 slice Bacon, Cooked (chopped)
15 milliliters Apple Cider Vinegar
10 milliliters Extra Virgin Olive Oil
5 grams Dijon Mustard
7 grams Maple Syrup

Nutrition

Amount per serving	
Calories	237
Fat	13g
Saturated	2g
Carbs	25g
Fiber	6g
Sugar	14g
Protein	7g
Cholesterol	9mg
Sodium	265mg
Potassium	610mg
Vitamin A	921IU
Vitamin C	104mg
Calcium	65mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	214µg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	2mg

Directions

- 1 In a food processor, add the Brussels sprouts and process until shredded, about twenty seconds.
- 2 In a large bowl, mix together shaved Brussels sprouts, apple, onion, and bacon.
- 3 In a small bowl, whisk together apple cider vinegar, olive oil, dijon mustard, and maple syrup. Add to salad and toss to combine.
- 4 Portion into bowls and enjoy!

Notes

Leftovers: Refrigerate in a resealable container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Top with grilled chicken or cooked chickpeas for an extra satiating meal.

Additional Toppings: Sprinkle with nutritional yeast or grated parmesan for extra flavor.

Make it Vegan: Omit bacon for a vegan alternative.



Vitamin B6	0.3mg
Folate	76µg
Vitamin B12	0.1µg
Phosphorous	134mg
Magnesium	36mg
Zinc	1mg
Selenium	7µg