



## Shaved Brussels Sprouts, Bacon & Apple Salad

2 servings  
15 minutes

### Ingredients

- 2 2/3 cups Brussels Sprouts (trimmed and halved)
- 2/3 Apple (chopped)
- 2 2/3 tbsps Red Onion (medium, diced)
- 2 slices Bacon, Cooked (chopped)
- 2 tbsps Apple Cider Vinegar
- 1 1/3 tbsps Extra Virgin Olive Oil
- 2 tsps Dijon Mustard
- 2 tsps Maple Syrup

### Nutrition

Amount per serving	
Calories	237
Fat	13g
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
Vitamin B6	0.3mg

### 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.



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