

Bacon-Wrapped Brussels Sprouts with Dijon Glaze

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving, 3-4 Brussels sprouts): Total carbs: 7.1 g, Fiber: 3.1 g,

Net carbs: 4 g, Protein: 10.5 g, Fat: 16.1 g, Calories: 208 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

2 tbsp [Dijon mustard](#) (30 g/ 1.1 oz)

2 tsp [extra virgin olive oil](#)

Optional: 1 tbsp [Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)

1 tbsp minced fresh parsley

450 g Brussels sprouts (1 lb)

340 g thin cut bacon, cut in half (12 oz)

pinch of sea salt and pepper

Instructions

1. Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). In a small bowl mix together the mustard, swerve (if using), herbs, oil, and a pinch of salt and pepper.
2. Wrap each Brussels sprout in a piece of bacon, place on a baking sheet with the seam side down. Repeat with remaining sprouts.
3. Brush the sauce over the sprouts and transfer to oven. Cook for 45-60 minutes until the bacon is crispy and the sprouts are tender.
4. Remove the baking sheet from the oven and let the Brussels sprouts cool down for a few minutes before serving. Store in an airtight container in the refrigerator for up to 3 days.

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