

Roasted Brussels Sprouts

Do not forget, you need veggies in your life. My dad loved brussels sprouts as I was growing up, but I always refused to try them. Now, you can't get me to stop eating them!! What's that saying, "don't bash it until you try it." These brussels sprouts are packed with flavor and super quick & easy! Nutritionally speaking, brussels sprouts are a great source of fiber, Vitamin C, Vitamin K, Vitamin A, and folate.

Ingredients:

2 lbs	Brussels sprouts
4 cloves	Fresh garlic
2 tbsp	Oil of choice (I use avocado oil)
1 tsp	Black pepper, ground
4 tbsp	Fresh parmesan, grated
2 tbsp	Balsamic vinegar

Directions:

1. Preheat oven to 400 degrees F.
2. Trim and halve the brussels sprouts. For large brussels sprouts, cut into quarters.
3. Cut the garlic into chunky pieces.
4. In a small bowl, mix the olive oil and pepper. Toss with the garlic and brussels sprouts.
5. Evenly spread the brussels sprouts on a large baking sheet.
6. Cook for 15-20 minutes. Remove from the oven to drizzle balsamic vinegar over the top. Then, sprinkle the parmesan cheese over the top.
7. Return to the oven to cook for another 10-15 minutes or until the brussels sprouts are lightly charred and crisp.

Nutrition Facts:

Servings: 6 servings

Serving size: 1 serving (167 g)

Roasted Brussels Sprouts		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	126.7 kcal	6 %
Total Fat	6 g	9 %
Saturated Fat	1.4 g	7 %
Trans Fat	0 g	
Cholesterol	3.3 mg	1 %
Sodium	66.2 mg	3 %
Total Carbohydrate	15.3 g	5 %
Dietary Fiber	5.9 g	24 %
Sugars	4.1 g	
Protein	6.6 g	13 %
Vitamin A	23 % • Vitamin C	215 %
Calcium	10 % • Iron	13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>