



Easy Roasted Brussels Sprouts



Brussels Sprouts are roasted until tender on the inside with a sweet and syrupy balsamic glaze on the outside!

Prep Time 5 minutes

Cook Time 25 minutes

Total Time 30 minutes

Servings 4 servings

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Ingredients

- 1 ½ pounds Brussels sprouts
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 2 cloves garlic minced
- salt and pepper to taste

Instructions

1. Preheat oven to 400°F.
2. Wash and trim Brussels, cutting them in half.
3. Toss sprouts with olive oil, balsamic vinegar, and garlic.
4. Season with salt and pepper, placing them flat side down on a baking sheet.
5. Roast 20-25 minutes or until Brussels are tender.

Nutrition

Calories: 144kcal | Carbohydrates: 17g | Protein: 6g | Fat: 8g | Saturated Fat: 1g | Sodium: 45mg | Potassium: 677mg | Fiber: 6g | Sugar: 5g | Vitamin A: 1283IU | Vitamin C: 145mg | Calcium: 76mg | Iron: 3mg

Easy Roasted Brussels Sprouts <https://easylowcarb.com/easy-roasted-brussels-sprouts/>