



4 Servings

roasted brussels sprouts

Ingredients

brussels sprouts	4 Cup(s)
balsamic vinegar	4 Tbsp
olive oil	2 Tbsp
sea salt	1/4 teaspoon(s)
black pepper	1/4 tsp

Nutrition Totals

Calories 448 / **Carbs** 43 g / **Protein** 12 g / **Fat** 28 g / **Fluid** 49 g

Instructions

Preheat your oven to about 360 degrees F (180 C), spread the Brussels sprouts, vinegar, and olive oil on a baking sheet, and add salt and pepper.

Roast for around 15 to 20 minutes until sprouts become a light brown, and enjoy.



Nutrition Label

Roasted Brussels Sprouts

Amount Per Serving

Calories 112

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 137.2mg **6%**

Total Carbohydrates 10.8g **4%**

Dietary Fiber 2g **8%**

Total Sugar 3.7g

Protein 3g

Vitamin D 0IU **0%**

Calcium 33mg **3%**

Iron 1.1mg **6%**

Potassium 266.9mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.