

Bachelor Brussel Sprouts

submitted by mchron



Per serving: 156 Calories • 8.2g Carbs (3.5g Fiber) • 13.9g Fat • 3g Protein

Ingredients

Ingredients scaled to: 2 cup

2 cup **Brussels sprouts** (176 grams)

1/2 tsp **Salt** (3 grams)

1/2 tsp **Pepper** (1.1 grams)

2 tbsp **Coconut oil** (27.2 grams)

Directions

Directions are based on the original recipe of 2 cup

1. Wash sprouts, cut off and discard stems, then split in half length wise
2. Heat coconut oil in frying pan on medium
3. Add brussels sprout halves then season them while stirring to coat evenly
4. Cook until slightly charred on edges, allow to cool then serve (dressing optional)