

Brussels Sprout Slaw

submitted by hiveicy0



Per serving: 109 Calories • 10.5g Carbs (4.3g Fiber) • 7.1g Fat • 3.8g Protein

Ingredients

Ingredients scaled to: 2 serving

1/4 tsp **Salt** (1.5 grams)

1 tbsp **Olive oil** (13.5 grams)

2 tsp **Lemon juice** (10.2 grams)

1/2 lb **Brussels sprouts** (227 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Keeping the stems intact, trim any loose or yellow leaves on the Brussels sprouts.
2. If you have a mandoline or vegetable slicer: Holding each sprout by the stem end, finely shred them on the slicer. If you don't, chop the sprouts finely with a kitchen knife.
3. Drizzle the slaw with olive oil, lemon juice, and salt and toss well.