

Garlic Roasted Brussels Sprouts

submitted by psikitty



Per serving: 162 Calories • 8.9g Carbs (3.4g Fiber) • 13.8g Fat • 3.2g Protein

Ingredients

Ingredients scaled to: 1 serving

1 cup **Brussels sprouts** (88 grams)

1 clove, minced **Garlic** (3 grams)

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

Directions

Directions are based on the original recipe of 1 serving

1. Cut sprouts in half and place in boiling water for 3 minutes.
2. Remove and dry on paper towels, removing as much moisture as possible
3. Heat oil in a skillet over medium heat. Add sprouts face down, and cook until one side is brown, then turn.
4. Add minced garlic, and cook until garlic is soft and sprouts are browned.