

Roasted Brussels Sprouts with Lemon Juice

submitted by AlyssaSimon



Per serving: 159 Calories • 20.7g Carbs (8.7g Fiber) • 7.4g Fat • 7.7g Protein

Ingredients

Ingredients scaled to: 6 serving

3 lb **Brussels sprouts** (1.4 kg)

3 tbsp **Olive oil** (40.5 grams)

1 dash **Salt** (0.40 grams)

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

2 tbsp **Lemon juice** (30 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Preheat the oven to 450 degrees F.
2. Halve brussels sprouts.
3. In a shallow baking dish or roasting pan, toss the sprouts, olive oil, salt and pepper until combined. Roast, stirring occasionally, 15 to 18 minutes. Sprinkle with the lemon juice before serving.