

Sautéed Brussel Sprouts with Onion and Garlic

submitted by xenogirl



Per serving: 214 Calories • 20.1g Carbs (7.4g Fiber) • 14.1g Fat • 6.5g Protein

Ingredients

Ingredients scaled to: 2 serving

6 tsp **Olive oil** (27 grams)

7 tbsp chopped **Onions** (70 grams)

4 cup **Brussels sprouts** (352 grams)

2 cloves, minced **Garlic** (6 grams)

2 dash **Salt** (0.80 grams)

2 dash **Pepper** (0.20 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Sauté in oil in hot pan over medium-high heat. Add chopped onion and brussel sprouts and cook until brussel sprouts brown (caramelize) and are tender. Add garlic at the end and cook until fragrant, 30 seconds to a minute. Salt and pepper to taste

2. Enjoy!