



# Roasted Brussels Sprouts

## Servings

4

## Calories

100

## Prep Time

10 minutes

## Total Time

35 minutes

## Skill Level

Easy

## Ingredients

1 (12 ounces) package Mann's Brussels Sprouts

2 tablespoons olive oil

1 teaspoon sea salt

½ teaspoon pepper

3 fresh garlic cloves, minced



## The Method

Preheat oven to 375° F.

Place sprouts in a bowl with olive oil, garlic, salt and pepper and toss until coated well.

Spray cookie sheet with a non stick spray and bake in the oven for 25 minutes. Flip halfway through baking. Enjoy!

### Nutrition Facts

Serving Size: 96g | Servings: 4

### Amount Per Serving

Calories 100 | Calories from Fat 60 | Total Fat 7g (sat fat 0g trans –g) | Cholesterol 0mg | Sodium 500mg | Total Carbohydrate 9g |

Dietary Fiber 3g | Sugars 2g | Protein 3g | Vitamin A 15% | Vitamin C 120% | Calcium 4% | Iron 6%