



Crispy & Spicy Shaved Brussels Sprouts

Servings

4

Calories

80

Prep Time

10 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

1 (9 ounce) bag Mann™ Shaved Brussels Sprouts

1½ tablespoons sesame oil

½ tablespoon minced garlic

½ teaspoon sesame seeds

¼ teaspoon red pepper flakes

¼ teaspoon black pepper

Kosher salt, to taste



The Method

Preheat oven to 400 °F.

Add all ingredients to a mixing bowl and toss until evenly coated.

On a lined baking sheet, spread mixture evenly onto the sheet in a uniform layer making sure no larger pieces are overlapping.

Bake on the center rack until browned and crispy, about 20 minutes.

Serve Warm.

Nutrition Facts

Serving Size 71g | Servings: 4

Amount Per Serving

Calories 80 | Total Fat 6g (sat fat 1g trans 0g) | Cholesterol 6mg | Sodium 15mg | Total Carbohydrate 6g | Dietary Fiber 3g | Sugars 1g (Includes 0g Added Sugars) | Protein 2g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 6%