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## Roasted Brussels Sprouts ♦♦

Roasted Brussels sprouts are a delicious and nutritious side dish that can be enjoyed by vegetarians. This recipe involves roasting the Brussels sprouts in the oven until they are tender and slightly crispy. They can be seasoned with various herbs and spices to add flavor. Roasted Brussels sprouts are a popular dish during the fall and winter seasons and are often served as a side dish with roasted meats or as a standalone vegetarian dish.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 25 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Brussels sprouts
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper

0.5 tsp garlic powder

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Trim the ends of the Brussels sprouts and remove any yellow outer leaves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, toss the Brussels sprouts with olive oil, salt, black pepper, and garlic powder until evenly coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Preparation

Spread the Brussels sprouts in a single layer on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

### Roasting

Roast in the preheated oven for 20-25 minutes, or until the Brussels sprouts are tender and slightly crispy.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 6

### Serving

Serve hot as a side dish or a standalone vegetarian dish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 56 kcal

**Fat:** 2 g

**Protein:** 3 g

**Carbohydrates:** 8 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	96 mg	106.67%	128%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	238 mg	10.35%	10.35%
Calcium	3 mg	0.3%	0.3%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	342 mg	10.06%	13.15%
Zinc	0 mg	0%	0%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

Mediterranean Diet

Flexitarian Diet

Paleo Diet

Vegetarian Diet

### Course

Side Dishes

Salads

Snacks

### Cultural

Chinese New Year

Hanukkah

Thanksgiving

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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