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Low Carb Parmesan Crusted Brussels Sprouts

This recipe features Brussels sprouts coated in a crispy Parmesan crust. It is a low carb dish that can be enjoyed as a side or a main course. The Brussels sprouts are roasted to perfection, resulting in a delicious and healthy dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Brussels sprouts
100 g	parmesan cheese
2 tbsp	Olive oil
1 tsp	garlic powder

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Trim the Brussels sprouts and cut them in half.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

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

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Sprinkling

Sprinkle Parmesan cheese over the Brussels sprouts.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Baking

Return the baking sheet to the oven and bake for an additional 5 minutes, or until the cheese is melted and golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	4 g	10.53%	16%
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	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Nutritional Content

Low Carb

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Course

Salads

Cultural

Chinese New Year

Easter

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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