

Roasted Brussels Sprouts with Sweet Chili Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brussel-sprouts-and-swiss-cheese-recipe>

Ingredients:

- 1 pound Brussels sprouts stem trimmed and halved
- 2 tablespoons cooking oil
- 2 garlic cloves finely minced
- 2 teaspoons fish sauce or soy sauce
- 2 tablespoons sweet chili sauce

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 370 milligrams
7. Sugar: 3 grams

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