

Brussels Sprouts Gratin

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sprouts-recipe-for-christmas>

Ingredients:

- 1 1/2 pounds Brussels sprouts halved
- 2 tablespoons butter
- 2 tablespoons flour
- 1 1/2 cups milk
- 1 cup grated Parmesan cheese
- 1/2 teaspoon kosher salt
- 1/4 cup mayonnaise
- black pepper to taste

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 50 milligrams
4. Fat: 20 grams
5. Fiber: 8 grams
6. Protein: 20 grams
7. SaturatedFat: 10 grams
8. Sodium: 940 milligrams
9. Sugar: 10 grams

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