

Teriyaki Glazed Roasted Brussels Sprouts

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons extra virgin olive oil don't use the cheap stuff. The tastier the oil, the tastier the dish
- 1 tablespoon balsamic vinegar
- salt to taste
- fresh cracked pepper to taste
- 1/4 cup sake
- 1/4 cup soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- 1/2 tablespoon fresh grated ginger

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 23 grams
3. Fat: 10 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1140 milligrams
8. Sugar: 9 grams

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