

# Easy Brussels Sprouts Gratin with Swiss and Parmesan

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 1 pound fresh brussels sprouts trimmed and cut into halves or quarters
- 1 tablespoon olive oil + a tiny bit more for misting pan
- 1/2 teaspoon dried thyme
- 1 cup swiss cheese finely grated, not packed down
- 4 tablespoons light mayo
- 2 tablespoons mayo
- 1 tablespoon lemon juice I used my fresh-frozen lemon juice
- 1/2 teaspoon dijon or a little more
- ground black pepper fresh-, to taste
- 2 tablespoons grated Parmesan cheese coarsely, not the stuff in a can!

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 35 milligrams
4. Fat: 19 grams
5. Protein: 9 grams
6. SaturatedFat: 7 grams
7. Sodium: 260 milligrams
8. Sugar: 1 grams

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