

# Christmas Brussel Sprouts

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-sides-recipe-ideas>

## Ingredients:

- 300 grams brussel sprouts
- 1 tablespoon olive oil
- 2 cloves garlic
- 1/4 teaspoon nutmeg
- 1 teaspoon lemon rind
- 1/4 cup coconut cream

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 8 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 5 grams
7. Sodium: 20 milligrams
8. Sugar: 2 grams

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