

Gorgonzola, Almond and Pear Roasted Brussel Sprouts

Yield: 6 min
Total Time: 15 min

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

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 pound sprouts brussel, halved
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1 tablespoon minced garlic fresh
- 2 tablespoons sliced almonds
- 2 tablespoons dried pear chunks, or other dried fruit of your choice
- 2 1/2 tablespoons gorgonzola

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 250 milligrams
9. Sugar: 1 grams

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