

Italian Brussels Sprouts

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-brussels-sprouts-recipe>

Ingredients:

- 1 pound Brussels sprouts trimmed
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 prosciutto slices sliced
- Parmesan cheese for sprinkling

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 3 grams

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