

Italian Seasoned Pan Roasted Garlic Brussels Sprouts

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound Brussels sprouts rinsed, ends trimmed, whole or cut in half - your choice
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1 tablespoon minced garlic
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 13 grams
3. Fat: 8 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 710 milligrams
8. Sugar: 3 grams

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