

Brussels Sprouts Crostini

Yield: 28 min
Total Time: 30 min

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

Ingredients:

- 4 bulbs roasted garlic
- 1 baguette large
- 4 tablespoons olive oil
- 1 pound Brussels sprouts sliced or shredded
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pinch nutmeg
- 2 tablespoons grated Parmesan cheese freshly
- Parmesan cheese shaved, for topping

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 3 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 55 milligrams

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