

Longhorn Steakhouse Crispy Brussel Sprout

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/brussel-sprouts-indian-recipe-air-fryer>

Ingredients:

- 1 pound Brussels sprouts
- 1 tablespoon table salt
- 2 tablespoons olive oil
- 2 tablespoons butter melted
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon red pepper flakes
- 1 teaspoon maple syrup
- 1 tablespoon honey

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 2140 milligrams
9. Sugar: 8 grams

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