

Shaved Brussel Sprout Salad

Yield: 4 min
Total Time: 16 min

Recipe from: <https://www.recipeschoose.com/recipes/rpm-italian-shaved-brussel-sprout-salad-recipe>

Ingredients:

- 1 pound Brussels sprouts
- 1 garlic clove minced, or 1/2 tsp
- 1 tablespoon ghee olive oil, or avocado oil
- 2 tablespoons lemon juice about 1/2 to 3/4 lemon
- 1 teaspoon lemon zest
- 1/2 cup Parmesan cheese grated
- 3 tablespoons pine nuts toasted
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 520 milligrams
9. Sugar: 3 grams

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