

# Brussel Sprout Casserole

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-brussel-sprout-casserole-recipe>

## Ingredients:

- 1 pound brussel sprouts trimmed and sliced
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon butter
- 1/4 cup finely chopped onions
- 2 tablespoons all-purpose flour
- 1 teaspoon mustard powder
- 1 cup fat free milk
- 1/2 cup grated Gruyere cheese divided

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Brussel Sprout Casserole above. You can see more 18 southern living brussel sprout casserole recipe Get ready to indulge! to get more great cooking ideas.