HEALTHY TIPS

# Roasted Brussels Sprouts Infused with Garlic (Recipe)

By bestfolkmedicine · 23/12/2018 · 2 min read



*It is the season of Brussels sprouts and we love them, right? In addition to being delicious, these cruciferous vegetables are considered to be very healthy because they are abundant in so many different nutrients, including vitamins, minerals, and antioxidants whereas they are pretty low on calories.*

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*Regardless of whether you are trying to lead a healthier diet or lose weight, you need to start consuming them as soon as possible. Before we head out to show you a recipe for delicious, roasted Brussels sprouts spiced up with garlic, let us learn more about their amazing nutritional power.*

**Brussels Sprouts: Nutritional Profile**

78 grams or ½ a cup of cooked Brussels will supply you with the following amounts of nutrients:

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- 2 grams of fiber
- 28 calories
- 6 grams of carbs
- 2 grams of protein
- 9 percent of the manganese RDI
- 12 percent of the folate RDI
- 12 percent of the vitamin A RDI
- 81 percent of the vitamin C RDI
- 137 percent of the vitamin K RDI

They also contain (in smaller amounts) magnesium, iron, potassium, phosphorus, and thiamine.

**Recipe for Roasted Brussels Sprouts with Garlic**

Whether you eat it for lunch or dinner, as a side dish or a main meal, this flavorful meal will keep your taste buds excited, for sure!

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**suitable for vegetarians and vegans*

You will need:

*A pound of Brussels sprouts*

*5 garlic cloves, peeled and chopped*

*A tbsp of balsamic vinegar*

*4 tbsp of virgin olive oil*

*Salt and black pepper to taste*

Preparation: Preheat the oven to 400 degrees and in the meantime, heat up the oil in a pan on medium heat. Then, rinse the Brussels and then chop off the bottom parts. Slice them in half and put them into the pan with the cut side down. Sprinkle salt and pepper and add the garlic too. Mix and cook until the Brussels become brownish and soften.

Then, transfer the content from the pan into a baking tray and put it into the oven. Shake the pan every 5 minutes. After 15 minutes, remove the tray from the oven and add the balsamic vinegar. Serve while warm. Enjoy!

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Sources:

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