

Sauteed Brussels Sprouts

Ingredients:

2 tablespoons olive oil
1 (12 oz) bag of frozen Brussel sprouts,
thawed and sliced in half OR fresh
brussels sprouts sliced in half
½ onion, chopped OR ½ tbsp onion
powder
2 teaspoons minced garlic OR ½ tsp
garlic powder
Pinch of salt and pepper
1 teaspoon no-salt Creole seasoning

Instructions:

1. In a skillet, heat oil over medium-high heat.
2. Add Brussels sprouts and onions, sauté until they start to brown.
3. Add garlic and other seasonings.
4. Cook until tender.

Prep time: 5 minutes

Cook time: 20 minutes

Serves: 6

Source: LSU AgCenter

Nutrition Facts

6 servings per container

Serving size about 1/2 cup

Amount per serving

Calories **70**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 27mg **2%**

Iron 1mg **6%**

Potassium 231mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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