



# Roasted Brussel Sprouts with Apples



## Ingredients



- 12 ounces Brussels sprouts
- 2 apples
- 1 red onion
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon ground black pepper
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 2 teaspoons Dijon-style mustard



## Directions



1. Preheat oven to 425 degrees. Line a baking pan with foil; set aside
2. In a large bowl, combine Brussels sprouts, apples, onion, oil, salt, mustard seeds and pepper. Transfer mixture to the prepared baking pan
3. Roast uncovered for 25 to 30 minutes or until sprouts are tender, stirring once
4. In a small bowl, whisk together vinegar, honey, and Dijon mustard.
5. Drizzle vinegar mixture over sprout mixture; toss gently to coat. Enjoy!

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# Fast Facts



This Recipe Provides



Vitamin C



Fiber



Vitamin B6

Cooking Tips



- Write your own here: \_\_\_\_\_
- Write your own here: \_\_\_\_\_

Nutrition Facts



## Nutrition Facts

Amount Per Serving		Calories from Fat 16	
Calories 330		% Daily Value*	
<b>Total Fat</b> 1.7g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> -1mg			<b>0%</b>
<b>Potassium</b> 1115mg			<b>32%</b>
<b>Sodium</b> 1173mg			<b>49%</b>
<b>Total Carbohydrate</b> 59.3g			<b>20%</b>
Dietary Fiber 25.3g			<b>101%</b>
Sugars 0g			
<b>Protein</b> 21.3g			<b>43%</b>
Vitamin A 49%	•	Vitamin C 131%	
Calcium 8%	•	Iron 37%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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