



Brussels Sprouts with Walnuts

Active Time: 5 minutes | Total Time: 5 minutes | Serves: 4

Nutrition Information Per Serving

66.9 calories, 4.42 g carbohydrate, 1.91 g fiber, 2.51 g NET carbs, 2.05 g protein, 5.25 g fat

Ingredients

- 2 cup(s) organic Brussels sprouts
- 1 Tbsp organic, grass-fed salted butter
- 1/2 ounce(s) organic walnuts

Preparation

1. Roughly chop Brussels sprouts.
2. Heat a saute pan over medium high heat. Add butter.
3. Add Brussels sprouts and lightly saute 2-3 minutes. Transfer to serving plates.
4. Top with walnuts and serve.

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