

# Maple-Roasted Brussels Sprouts

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*1 1/4 pounds small Brussels sprouts*  
*2 tablespoons olive oil*  
*2 tablespoons maple syrup*  
*1 teaspoon balsamic vinegar*  
*salt*  
*pepper*

Preheat the oven to 400 degrees.

In a bowl, toss the Brussels sprouts with the olive oil, maple syrup and vinegar.

Season with salt and pepper.

Arrange the sprouts on a rimmed baking sheet.

Roast in the oven, flipping once, until browned and tender, about 25 minutes.

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Per Serving (excluding unknown items): 343 Calories; 27g Fat (69.5% calories from fat); 0g Protein; 27g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit; 5 1/2 Fat; 2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	343
% Calories from Fat:	69.5%
% Calories from Carbohydrates:	30.5%
% Calories from Protein:	0.0%
Total Fat (g):	27g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	0g
Protein (g):	0g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	0mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 4mg  
**Potassium (mg):** 86mg  
**Calcium (mg):** 41mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 2

## Nutrition Facts

### Amount Per Serving

**Calories** 343                      Calories from Fat: 238

### % Daily Values\*

<b>Total Fat</b>	27g	42%
Saturated Fat	4g	18%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	0g	0%
<b>Protein</b>	0g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		4%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.