

# Oven-Roasted Brussels Sprouts with Apples, Cherries and Pecans

*All-Time Favorites Volume 6  
Better Homes and Gardens Magazine*

## Servings: 4

*1 pound Brussels Sprouts  
2 tablespoons olive oil  
1/2 teaspoon Kosher salt  
1/8 teaspoon cayenne pepper  
1 cup apples, sliced or coarsely  
chopped  
1/2 cup dried cherries or cranberries  
1/4 cup chopped pecans  
1/4 cup red wine vinaigrette*

## Preparation Time: 10 minutes

### Roast: 20 minutes

Preheat the oven to 425 degrees.

Line a 15x10x1-inch baking pan with foil. Set aside.

Trim the stems and remove any wilted outer leaves from the Brussels sprouts. Halve the sprouts lengthwise.

Place the Brussels sprouts in the prepared baking pan. Drizzle with oil and sprinkle with salt and cayenne pepper. Toss well to combine.

Roast, uncovered, for 15 minutes. Stir in the apple, dried cherries and pecans. Roast, uncovered, for 5 to 10 minutes more or until the Brussels sprouts are crisp-tender and lightly browned.

Drizzle with the vinaigrette lightly to coat.

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Per Serving (excluding unknown items): 170 Calories; 12g Fat (59.3% calories from fat); 4g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 261mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Side Dishes

**Per Serving Nutritional Analysis**

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% Calories from Fat:	59.3%
% Calories from Carbohydrates:	31.9%
% Calories from Protein:	8.8%
Total Fat (g):	12g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	5g
Protein (g):	4g
Sodium (mg):	261mg
Potassium (mg):	459mg
Calcium (mg):	48mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	89mg
Vitamin A (i.u.):	949IU
Vitamin A (r.e.):	94 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	66mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	170	Calories from Fat: 101
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### % Daily Values\*

<b>Total Fat</b>	12g	19%
Saturated Fat	1g	7%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	261mg	11%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	5g	21%
<b>Protein</b>	4g	
<b>Vitamin A</b>		19%
<b>Vitamin C</b>		148%
<b>Calcium</b>		5%
<b>Iron</b>		9%

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