AMERICAN · SIDE

Crispy Roasted Brussels Sprouts

40 min · Serves 6 · 89 kcal a serve · Video 5:35 · Downshiftology

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 88 kcal, 6 g net carbs and about 220 mg sodium a serve: Brussels sprouts roasted cut side down with a little olive oil, salt and pepper. Rich in vitamins C and K, with 4 g fibre.

Diet notes: Low carb (5.9 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.7 g, 7% of the energy); DASH-friendly (220 mg sodium a serve).

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Ingredients 4 · SERVES 6

- [ ] 680 g **Brussels sprouts**
- [ ] **Olive oil**: 2 tbsp olive oil or avocado oil
- [ ] **salt** to taste (about ½ tsp)
- [ ] **black pepper** to taste (about ¼ tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the Brussels sprouts in cold water and dry them completely with a clean towel, so they roast rather than steam. 0:46
2. Heat the oven to 220°C. Trim just a sliver off each base and halve the sprouts, keeping any loose outer leaves (they turn extra crisp). 1:27
3. Tip them onto a baking tray, drizzle with the oil, season with about ½ tsp salt and ¼ tsp pepper and toss with your hands. 2:05
4. Turn every sprout cut side down so the faces caramelise, scattering the loose leaves in between. 2:39
5. Roast 25–30 minutes, turning the tray (not the sprouts) halfway through. 3:09

> **Tip** Cut side down is the whole secret: that's where the deep golden, sweet edge comes from.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
89 kcal	**3.9** g	**10** g	**4.3** g	**4.8** g	**220** mg
370 kJ	8% of a day	5.9 g net · 2.5 g sugars	15% of a day	0.7 g saturated	10% of a day
		4% of a day		6% of a day	

Energy from net carbs 29% · protein 19% · fat 52%

High in (20%+ of a day) Vitamin K 170% · Vitamin C 107%

Source of (10–19%) Folate 17% · Vitamin B6 15% · Vitamin E 11%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=GjtnhE14muE. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-roasted-brussels-sprouts