

Cheesy Buffalo Brussel Sprouts



PREP TIME

5 mins

COOK TIME

40 mins



COURSE

Gluten Free, Snacks



SERVINGS

4 servings

CALORIES

125 kcal

INGREDIENTS

- 1½ lbs Brussels sprouts trimmed and cut in half
- 1½ tbsp coconut oil melted
- 1½ tbsp hot sauce
- 1 tbsp nutritional yeast
- ½ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp cayenne pepper
- salt & pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F. Line two baking sheets with parchment paper.
2. In a small bowl, combine the coconut oil, hot sauce, nutritional yeast, garlic powder, paprika, cayenne, salt and pepper. Add Brussels sprouts to a medium bowl and cover with hot sauce mixture. Toss to combine.
3. Spread Brussels sprouts evenly on the baking sheets and roast for 30–35 minutes, flipping once halfway through.

NUTRITION

Nutrition Facts

Cheesy Buffalo Brussel Sprouts

Amount Per Serving

Calories 125 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 16g **5%**

Protein 7g **14%**

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



KEYWORD

soy-free, vegetables

Tried this recipe?

Let us know how it was!