

# Roasted Brussels Sprouts With Apples

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

This dish showcases the flavors of autumn with Brussels sprouts, apples, maple syrup, and thyme!

## About the Recipe

**106 Calories · 4.9 g Protein · 5 g Fiber**  
**Side Dish**

Brussels sprouts and other cruciferous vegetables are packed with phytochemicals that may help reduce the risk of certain types of cancer.

## Ingredients

### ***Makes 6 Servings***

- 2 pounds (907 g) Brussels sprouts, washed, ends trimmed
- 1 Gala apple, diced
- 1/4 c (25 g) walnuts, toasted
- 1 tsp (5 mL) whole-grain mustard
- 2 tbsp (30 mL) lemon juice, freshly squeezed
- 1/8 c (30 mL) unsweetened applesauce
- 2/3 tbsp (10 mL) maple syrup
- 1 tsp (5 mL) fresh thyme, chopped
- Iodized salt *\*optional*
- Ground black pepper *\*optional*

## Directions

1. Preheat oven to 425 F (246 C). Line a sheet tray with parchment paper. Cut Brussels sprouts in half and season with salt and pepper, if desired. Place cut-side down on the parchment sheet. Bake for 15-20 minutes or until the Brussels sprouts are tender and golden brown.
2. While the Brussels sprouts are cooking, combine the mustard, lemon juice, applesauce, maple syrup, and thyme in a small bowl to make the dressing. Whisk to combine. Season with salt and pepper to taste.
3. Remove the Brussels sprouts from the oven and let cool slightly. In a large bowl, combine the Brussels sprouts, walnuts, and diced apples and toss them with the dressing. Serve warm.

## Nutrition Facts

*Per serving*

**Calories:** 106

**Fat:** 4 g

**Saturated Fat:** 0.47 g

**Calories From Fat:** 31.9%

**Cholesterol:** 0 mg

**Protein:** 4.9 g

**Carbohydrate:** 16.4 g

**Sugar:** 6.3 g

**Fiber:** 5 g

**Sodium:** 44 mg

**Calcium:** 67 mg

**Iron:** 2.1 mg

**Vitamin C:** 102.3 mg

**Beta-Carotene:** 755 mcg

**Vitamin E:** 0.78 mg