

# Roasted Brussels Sprouts With Apples

Source: Dora Stone, chef and photographer, founder of [mmmole.com](http://mmmole.com) and [dorastable.com](http://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*

- Brussels sprouts, washed, ends trimmed (2 pounds)
- Gala apple, diced (2/3 cup)
- walnuts, toasted (1/4 cup)
- whole-grain mustard (1 tsp.)
- lemon juice, freshly squeezed (2 tbsp.)
- unsweetened applesauce (2 tbsp.)
- maple syrup (2 tsp.)
- fresh thyme, chopped (1 tsp.)
- salt (to taste)
- pepper (to taste)

## Directions

1. Preheat oven to 425 F. Line a sheet tray with parchment paper.&nbsp;Cut Brussels sprouts in half and season with&nbsp;salt and pepper. Place cut-side down on the parchment sheet.&nbsp;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