

SIDE DISH

Roasted Brussels Sprouts With Crispy Capers and Carrots

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.92	88 kcal



Roasted Brussels Sprouts With Crispy Capers and Carrots might be just the side dish you are searching for. For 92 cents per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. This recipe makes 12 servings with 88 calories, 3g of protein, and 6g of fat each.

Ingredients

☐ 1½ cups (1/4-inch) diagonally cut carrots	☐ ¼ teaspoon freshly ground black pepper
☐ 2 pounds Brussels sprouts, trimmed and halved	☐ 1 tablespoon butter
☐ ½ cup well-drained capers	☐ 1 tablespoon chopped fresh flat-leaf parsley
☐ ¼ cup extra-virgin olive oil, divided	☐ ¼ teaspoon salt

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Roasting pan, Slotted spoon

Method

- 1 Preheat oven to 45
- 2 Combine Brussels sprouts, carrots, and 3 tablespoons oil in a medium bowl, tossing to coat.
- 3 Spread on large roasting pan coated with cooking spray.
- 4 Bake at 450 for 15 minutes or until tender, stirring occasionally.
- 5 Heat remaining 1 tablespoon oil and butter in a small skillet over medium heat.
- 6 Add capers; fry 3 minutes or until brown and crisp. With slotted spoon, transfer capers to paper towels to drain. Set aside.
- 7 Combine Brussels sprout mixture and capers in medium bowl.
- 8 Sprinkle with parsley, salt, and pepper; toss gently to mix.

Nutrition per serving

88	3 g	6 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.3 g · 8% of daily needs
Fibre			3.6 g · 14% of daily needs
Sugar			2.5 g · 3% of daily needs
Sodium			290 mg · 13% of daily needs
Cholesterol			2.5 mg · 1% of daily needs
Vitamin C			65.4 mg · 79% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-brussels-sprouts-with-crispy-capers-and-carrots-142777