

Air-fryer Brussels sprouts are crispy, crunchy and oh-so delightful. The garlic-infused olive oil and herbed bread crumbs really take this easy Brussels sprouts air-fryer recipe to the next level.

INGREDIENTS

- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound Brussels sprouts, trimmed and halved
- 1/2 cup panko bread crumbs
- 1-1/2 teaspoons minced fresh rosemary



INSTRUCTIONS

1. Preheat air fryer to 350°. Place first 4 ingredients in a small microwave-safe bowl; microwave on high 30 seconds.
2. Toss Brussels sprouts with 2 tablespoons oil mixture. Place Brussels sprouts on tray in air-fryer basket; cook 4-5 minutes. Stir sprouts. Cook until sprouts are lightly browned and near desired tenderness, about 8 minutes longer, stirring halfway through cooking time.

3. Toss bread crumbs with rosemary and remaining oil mixture; sprinkle over sprouts. Continue cooking until crumbs are browned and sprouts are tender, 3-5 minutes. Serve immediately.

Nutrition Facts	
Amount per	
1 serving (4.7 oz)	133 g
Calories 153	From Fat 94
% Daily Value*	
Total Fat 10.6g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 341mg	14%
Total Carbohydrates 13g	4%
Dietary Fiber 5g	18%
Sugars 3g	
Protein 4g	9%
Vitamin A 18% • Vitamin C 173%	
Calcium 6% • Iron 10%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://www.tasteofhome.com/recipes/air-fryer-garlic-rosemary-brussels-sprouts>