

# Butter Brussels Sprouts with Pumpkin & Chestnuts

Hands-on 15 minutes Overall 40 minutes

**Nutritional values (per serving, about 1 cup/ 100 g/ 3.5 oz):** Total carbs: 13 g, Fiber: 4 g,

**Net carbs: 9 g,** Protein: 3.9 g, Fat: 15.3 g, Calories: 192 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 side servings)

- 1 kg Brussel sprouts (2.2 lb) - 800 g/ 1.76 lb when trimmed
- 2 cups diced and peeled pumpkin (200 g/ 7.1 oz)
- sea salt and pepper, to taste
- 1 stick unsalted butter, [ghee](#), melted or virgin avocado oil (113 g/ 4 oz)
- 2 tbsp lemon juice (30 ml)
- 10-15 fresh sage leaves
- 6 vacuum packed cooked chestnuts, chopped (60 g/ 2.1 oz)

## Instructions

1. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Wash and trim the sprouts and remove any bruised leaves. (You'll need 1 kg/ 2.2 lb Brussels Sprouts to get about 800 g/ 1.76 lb trimmed.) Slice fine with a mandoline or pass through the slicing glade of a food processor.
3. Cut the pumpkin into about 2 1/2 cm (1 inch) pieces. Melt the butter (or use ghee or avocado oil). Add the pumpkin to a parchment lined baking tray with about 1 tbsp of the melted butter. Toss and roast for 15 minutes, turning once.
4. Add the shredded sprouts plus the remaining melted butter (just reserve a tablespoon for crisping us the sage leaves). Drizzle lemon juice all over. Season with salt and pepper to taste and toss to combine. Roast for a further 15 minutes, mixing half way to ensure even cooking.
5. Add the chopped chestnuts and roast for 5 more minutes or until the squash is soft and the sprouts are crispy.
6. Heat the last one tablespoon of melted butter in a frying pan. Add the sage leaves and fry for about 2 minutes on a medium-low heat until soft. Careful not to burn. Set aside.
7. Remove the tray with sprouts and pumpkin from the oven. Crumble or tear the sage leaves, drizzle in the butter from the pan, olive oil,

and stir through the sprouts, pumpkin and chestnuts to serve.

To store, let it cool down and refrigerate for up to 5 days.

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