



## Almond Broccoli in Sherry Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SAUCE

### Ingredients

- 1.5 pounds broccoli fresh separated trimmed
- 0.3 cup butter
- 1 chicken bouillon cube
- 0.3 cup flour all-purpose
- 1 cup half-and-half
- 2 tablespoons juice of lemon
- 0.8 cup parmesan cheese shredded
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

- 2 tablespoons cooking sherry
- 0.3 cup slivered almonds toasted
- 0.8 cup water boiling
- 4 cups water boiling

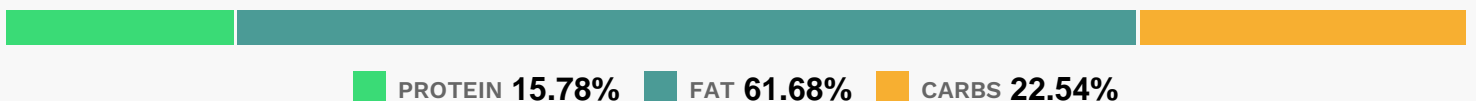
## Equipment

- sauce pan
- oven
- whisk
- baking pan
- dutch oven

## Directions

- Cook florets in 4 cups boiling water in a Dutch oven over medium heat 4 to 5 minutes or until crisp-tender; drain.
- Place florets in a lightly greased 2-quart baking dish, and set aside.
- Dissolve bouillon cube in 3/4 cup boiling water.
- Melt butter in a large saucepan over medium-high heat.
- Whisk in flour, and cook, whisking constantly, 1 minute. Gradually whisk in bouillon mixture and half-and-half; cook, stirring constantly, until mixture thickens and comes to a boil.
- Whisk in sherry and next 3 ingredients.
- Pour over broccoli; sprinkle with cheese and almonds.
- Bake at 375 for 20 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:31.83, Glycemic Load:4.53, Inflammation Score:-9, Nutrition Score:21.016087040953%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## **Nutrients (% of daily need)**

Calories: 269.28kcal (13.46%), Fat: 19.05g (29.31%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 11.8g (4.29%), Sugar: 4.26g (4.73%), Cholesterol: 22.7mg (7.57%), Sodium: 714.27mg (31.06%), Alcohol: 0.51g (100%), Alcohol %: 0.17% (100%), Protein: 10.96g (21.93%), Vitamin C: 103.48mg (125.42%), Vitamin K: 116.57µg (111.02%), Calcium: 272.32mg (27.23%), Vitamin A: 1286.03IU (25.72%), Phosphorus: 239.11mg (23.91%), Folate: 87.07µg (21.77%), Manganese: 0.43mg (21.61%), Vitamin B2: 0.35mg (20.86%), Vitamin E: 2.86mg (19.04%), Fiber: 3.88g (15.5%), Potassium: 488.51mg (13.96%), Magnesium: 54.17mg (13.54%), Selenium: 9.15µg (13.07%), Vitamin B6: 0.25mg (12.35%), Vitamin B1: 0.15mg (10.26%), Vitamin B5: 0.9mg (8.96%), Copper: 0.16mg (8.24%), Zinc: 1.22mg (8.13%), Iron: 1.45mg (8.05%), Vitamin B3: 1.36mg (6.78%), Vitamin B12: 0.24µg (3.97%)