

Baked Broccoli

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- 1 pound broccoli florets
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 0.5 teaspoon ground pepper
- 0.5 teaspoon garlic powder
- 1 pinch pepper fresh black
- 1.5 tablespoons juice of lemon
- 0.3 cup olive oil

1 pinch salt

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

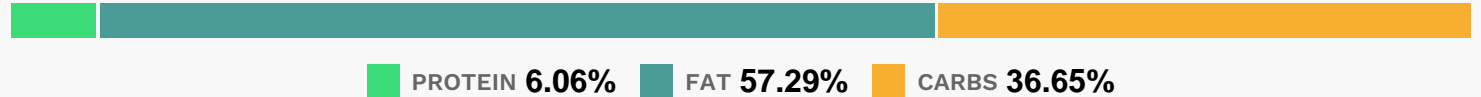
In a bowl, mix together the olive oil, brown sugar, lemon juice, cayenne pepper, garlic powder, oregano, thyme, salt, and black pepper until thoroughly combined.

Add the broccoli florets, and toss until evenly coated with the seasoning.

Spread the broccoli florets out onto an baking sheet with a rim.

Bake in the preheated oven until the broccoli is just browned on the top, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:15.778260915176%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 206.83kcal (10.34%), Fat: 13.98g (21.51%), Saturated Fat: 2g (12.52%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 17.05g (6.2%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 51.1mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin C: 103.52mg (125.48%), Vitamin K: 124.04µg (118.13%), Vitamin E: 2.91mg (19.43%), Folate: 73.13µg (18.28%), Vitamin A: 810.97IU (16.22%), Manganese: 0.26mg

(12.92%), Fiber: 3.07g (12.29%), Potassium: 390.07mg (11.14%), Vitamin B6: 0.22mg (10.92%), Vitamin B2: 0.14mg (8.02%), Phosphorus: 78.1mg (7.81%), Vitamin B5: 0.68mg (6.76%), Magnesium: 25.94mg (6.49%), Calcium: 64.51mg (6.45%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.62%), Selenium: 3.1µg (4.42%), Vitamin B3: 0.77mg (3.84%), Copper: 0.07mg (3.27%), Zinc: 0.49mg (3.26%)