



Balsamic Pan-Roasted Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce broccoli florets fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt

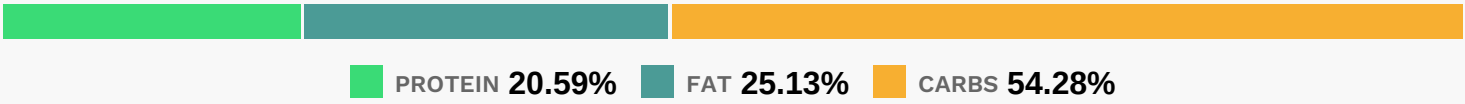
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add broccoli; cook, turning occasionally, 8 minutes or until lightly browned and crisp-tender.
- ☐ Remove from heat; add salt, pepper, and vinegar.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.46, Inflammation Score:-6, Nutrition Score:12.279130355172%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 41.59kcal (2.08%), Fat: 1.32g (2.03%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.17g (1.51%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 174.37mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 75.86mg (91.96%), Vitamin K: 87.56µg (83.39%), Folate: 53.6µg (13.4%), Vitamin A: 530.54IU (10.61%), Manganese: 0.2mg (10.01%), Fiber: 2.24g (8.97%), Potassium: 274.93mg (7.86%), Vitamin B6: 0.15mg (7.46%), Vitamin B2: 0.1mg (5.87%), Phosphorus: 57.09mg (5.71%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.49mg (4.89%), Magnesium: 18.56mg (4.64%), Calcium: 41.71mg (4.17%), Vitamin B1: 0.06mg (4.03%), Iron: 0.67mg (3.71%), Selenium: 2.13µg (3.05%), Vitamin B3: 0.54mg (2.72%), Zinc: 0.35mg (2.36%), Copper: 0.04mg (2.22%)