



## Braised Broccoli Rabe



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



23 kcal

SIDE DISH

## Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 lb broccoli rabe trimmed cut into 3-in. pieces
- ☐ 5 medium garlic cloves peeled
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon chile flakes red divided
- ☐ 1 medium onion yellow thinly sliced

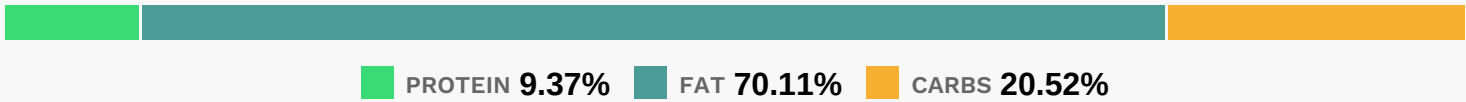
## Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over medium-high heat. Cook garlic until lightly browned, 3 minutes.
- ☐ Add onion and 1/2 tsp. each salt and chile flakes and cook until onions are translucent, about 5 minutes more.
- ☐ Add vinegar and broccoli rabe, stirring to coat.
- ☐ Reduce heat to medium-low and add 1/2 cup water. Cook, covered, until thick stems are fork tender, 15 to 20 minutes. Stir in remaining 1/2 tsp. each salt and chile flakes.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:3.2356521953707%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 23.05kcal (1.15%), Fat: 1.89g (2.91%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 84.23mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin K: 35.05µg (33.38%), Vitamin A: 416.32IU (8.33%), Vitamin C: 3.48mg (4.22%), Manganese: 0.08mg (3.81%), Vitamin E: 0.53mg (3.54%), Folate: 13.28µg (3.32%), Iron: 0.37mg (2.08%), Fiber: 0.5g (2.02%), Vitamin B6: 0.04mg (1.89%), Calcium: 18.8mg (1.88%), Vitamin B1: 0.03mg (1.82%), Phosphorus: 13.37mg (1.34%), Vitamin B2: 0.02mg (1.27%), Potassium: 40.12mg (1.15%), Magnesium: 4.11mg (1.03%)