



Braised Rapini (Broccoli Rabe)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 bunch rapini trimmed
- ☐ 0.3 teaspoon pepper flakes red to taste
- ☐ 4 servings salt to taste

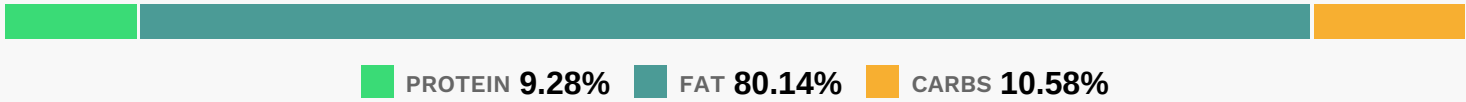
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a large sauce pan of water to boil, add the rapini and cook until the stalks are tender, about 2–4 minutes.
- ☐ Drain, chill in ice water, pat dry and set aside.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the garlic and red pepper flakes and sauteed until fragrant, about a minute.
- ☐ Add the rapini and toss to coat in the oil, garlic, and red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:10.483913017356%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 76.9kcal (3.84%), Fat: 7.3g (11.23%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 214.88mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 130.93µg (124.7%), Vitamin A: 1518.63IU (30.37%), Vitamin C: 11.88mg (14.4%), Vitamin E: 1.97mg (13.15%), Manganese: 0.25mg (12.54%), Folate: 46.97µg (11.74%), Iron: 1.3mg (7.21%), Calcium: 64.34mg (6.43%), Fiber: 1.6g (6.4%), Vitamin B1: 0.09mg (6.32%), Vitamin B6: 0.12mg (5.89%), Vitamin B2: 0.08mg (4.45%), Phosphorus: 43.92mg (4.39%), Vitamin B3: 0.71mg (3.57%), Potassium: 119.3mg (3.41%), Magnesium: 13mg (3.25%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.19mg (1.92%), Copper: 0.03mg (1.48%), Selenium: 0.8µg (1.15%)