

## Bright and Zesty Broccoli

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 head broccoli with stalks peeled cut into small pieces
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 tablespoons orange juice freshly squeezed
- 1.5 tablespoons orange zest grated
- 0.5 teaspoon pepper red
- 0.3 teaspoon sea salt

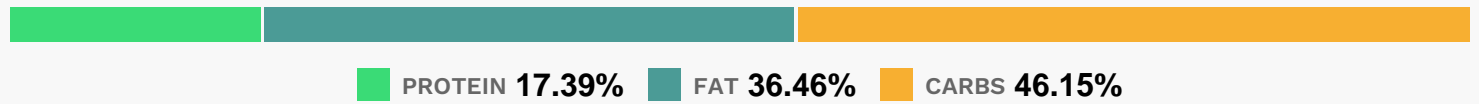
### Equipment

- bowl
- frying pan

## Directions

- Heat the olive oil in a large skillet over medium heat; add the orange zest and red pepper flakes and allow to heat briefly, about 1 minute. Stir the broccoli into the mixture; season with salt and pepper. Continue cooking about 5 minutes more; transfer to a serving bowl.
- Pour the orange juice over the broccoli and toss to coat.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:17.438260804052%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 89.65kcal (4.48%), Fat: 4.12g (6.34%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 199.85mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin C: 142.9mg (173.21%), Vitamin K: 157.62µg (150.12%), Folate: 99.08µg (24.77%), Vitamin A: 1048.22IU (20.96%), Fiber: 4.33g (17.3%), Manganese: 0.34mg (17.05%), Potassium: 508.69mg (14.53%), Vitamin B6: 0.28mg (13.95%), Vitamin E: 1.8mg (11.97%), Vitamin B2: 0.19mg (10.88%), Phosphorus: 103.18mg (10.32%), Vitamin B5: 0.9mg (9.02%), Magnesium: 33.94mg (8.49%), Vitamin B1: 0.12mg (7.94%), Calcium: 77.5mg (7.75%), Iron: 1.22mg (6.78%), Selenium: 3.89µg (5.56%), Vitamin B3: 1.06mg (5.28%), Zinc: 0.65mg (4.3%), Copper: 0.08mg (4.23%)