



Broccoflower with Anchovies and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds broccoflower cut into 2-inch-wide florets
- ☐ 10.5 teaspoons anchovies canned chopped to taste
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon pepper flakes dried red hot

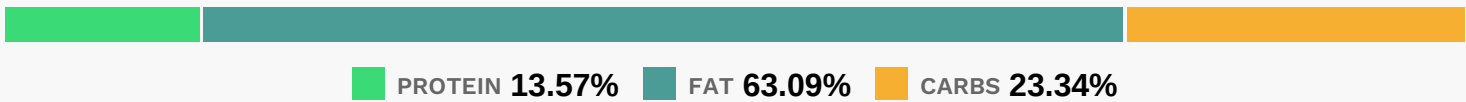
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook broccoflower in 2 batches in a 5- to 6-quart pot of boiling salted water until crisp-tender, about 5 minutes, then transfer with a slotted spoon to a large bowl of ice and cold water to stop cooking.
- ☐ Drain florets and pat dry with paper towels.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté garlic, stirring, until golden, about 1 minute.
- ☐ Add anchovies and red pepper flakes and sauté, stirring, until anchovies are dissolved, about 1 minute, then add florets and toss to coat.
- ☐ Add pine nuts, raisins, and salt to taste and sauté, stirring, until heated through, about 2 minutes.
- ☐ Remove from heat and stir in parsley.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:4.11, Inflammation Score:-7, Nutrition Score:16.926521653714%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 283.52kcal (14.18%), Fat: 21.31g (32.79%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 12.48g (4.54%), Sugar: 9.93g (11.04%), Cholesterol: 13.39mg (4.46%), Sodium: 615.42mg (26.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.63%), Vitamin C: 207.84mg (251.92%), Vitamin K: 47.87µg (45.59%), Manganese: 0.83mg (41.46%), Iron: 6.72mg (37.34%), Vitamin E: 3.33mg (22.21%), Fiber: 5.25g (21.02%), Potassium: 644.77mg (18.42%), Vitamin B3: 3.66mg (18.32%), Selenium: 11.2µg (15.99%), Copper: 0.21mg (10.43%), Phosphorus: 103.61mg (10.36%), Magnesium: 36.97mg (9.24%), Zinc: 1.01mg (6.74%), Vitamin B2: 0.1mg (5.84%), Calcium: 53.48mg (5.35%), Vitamin B6: 0.1mg (5.07%), Vitamin A: 217.89IU (4.36%), Vitamin B1: 0.05mg (3.35%), Vitamin B12: 0.14µg (2.31%), Folate: 8.33µg (2.08%), Vitamin B5: 0.2mg (2.05%), Vitamin D: 0.27µg (1.78%)