



Broccoli Almondine



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1.5 pounds broccoli peeled cut into 2-inch-wide spears
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 stick butter unsalted

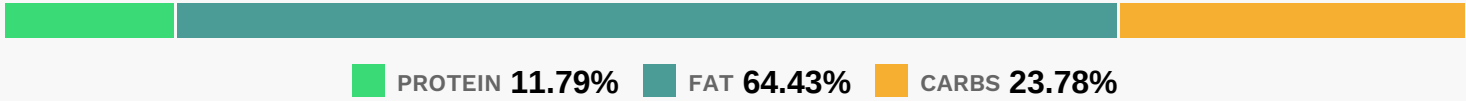
Equipment

- ☐ knife
- ☐ pot

Directions

- ☐ Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes.
- ☐ Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes.
- ☐ Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt.
- ☐ Add broccoli and toss.
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:20.713043504435%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 204.32kcal (10.22%), Fat: 15.92g (24.49%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 7.83g (2.85%), Sugar: 3.33g (3.7%), Cholesterol: 30.37mg (10.12%), Sodium: 57.8mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin C: 153.18mg (185.67%), Vitamin K: 174.49µg (166.18%), Vitamin A: 1412.99IU (28.26%), Folate: 111.71µg (27.93%), Manganese: 0.53mg (26.67%), Vitamin E: 3.62mg (24.15%), Fiber: 5.39g (21.57%), Potassium: 600.96mg (17.17%), Vitamin B2: 0.29mg (17.16%), Vitamin B6: 0.31mg (15.52%), Phosphorus: 152.83mg (15.28%), Magnesium: 56.93mg (14.23%), Calcium: 104.18mg (10.42%), Vitamin B5: 1.03mg (10.31%), Vitamin B1: 0.14mg (9.21%), Iron: 1.53mg (8.51%), Copper: 0.17mg (8.26%), Vitamin B3:

1.37mg (6.87%), Selenium: 4.71µg (6.73%), Zinc: 0.95mg (6.34%), Vitamin D: 0.21µg (1.41%)