



Broccoli and Carrots with Toasted Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 pound baby carrots (1-inch) (3 cups)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce broccoli florets (6 cups)
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.5 cup turkey stock homemade

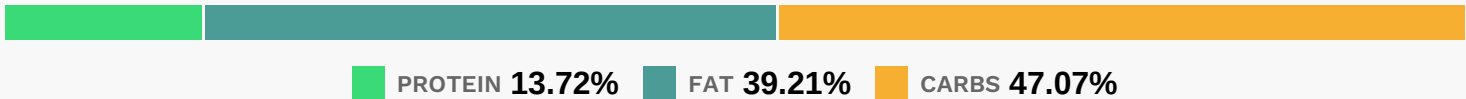
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ Spread almonds in a single layer in a shallow pan.
- ☐ Bake at 350 for 7 minutes or until lightly browned and fragrant, stirring occasionally. Cool completely, and set aside.
- ☐ Place carrots in a large saucepan of boiling water; cook 3 minutes.
- ☐ Remove with a slotted spoon. Plunge into ice water, and drain.
- ☐ Place broccoli in boiling water; cook 2 minutes.
- ☐ Drain and plunge into ice water; drain.
- ☐ Melt the butter in a 12-inch nonstick skillet over medium-high heat.
- ☐ Add the shallots; saut 2 minutes or until tender. Reduce heat to medium.
- ☐ Add carrots, broccoli, Homemade Turkey Stock, salt, and pepper; cover and cook 6 minutes or until carrots and broccoli are crisp-tender.
- ☐ Sprinkle with almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:10.804782671692%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 53.23kcal (2.66%), Fat: 2.5g (3.85%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.94g (3.26%), Cholesterol: 2.8mg (0.93%), Sodium: 157.96mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin A: 5419.05IU (108.38%), Vitamin C: 26.68mg (32.34%), Vitamin K: 32.68µg (31.12%), Manganese: 0.19mg (9.75%), Fiber: 2.32g (9.28%), Folate: 31.4µg (7.85%), Potassium: 225.57mg (6.44%), Vitamin E: 0.91mg (6.05%), Vitamin B6: 0.12mg (5.8%), Vitamin B2: 0.09mg (5.04%), Phosphorus: 47.55mg (4.76%), Magnesium: 18.16mg (4.54%), Copper: 0.09mg (4.42%), Iron: 0.72mg (4.02%), Calcium: 34.94mg (3.49%), Vitamin B5: 0.34mg (3.42%), Vitamin B3: 0.65mg (3.25%), Vitamin B1: 0.04mg (2.88%), Selenium: 1.44µg (2.06%), Zinc: 0.3mg (1.97%)