



Broccoli and Cashew Crunch

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound broccoli fresh separated
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon garlic powder
- ☐ 6 servings kosher salt
- ☐ 1 lemon zest
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup cashew pieces salted chopped

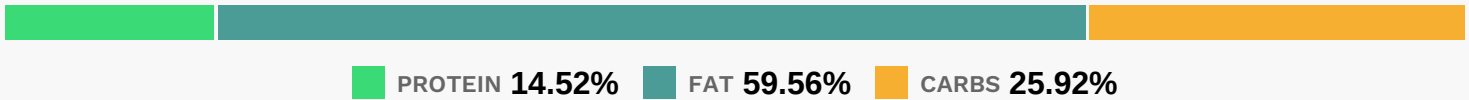
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a small bowl combine Parmesan cheese, cashews, lemon zest, garlic powder, and pinch of salt, and set aside.
- ☐ Place the broccoli on a baking sheet.
- ☐ Drizzle with butter and toss. Season with salt and pepper, to taste.
- ☐ Roast in the oven until broccoli begins to caramelize, about 20 minutes.
- ☐ Remove, and toss the broccoli with the cashew mixture.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:12.972608857181%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 110.61kcal (5.53%), Fat: 7.88g (12.13%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.44g (1.98%), Sugar: 1.62g (1.8%), Cholesterol: 13.66mg (4.55%), Sodium: 358.35mg (15.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin C: 68.73mg (83.3%), Vitamin K: 79.65µg (75.86%), Folate: 52.16µg (13.04%), Vitamin A: 624.69IU (12.49%), Manganese: 0.22mg (11.2%), Phosphorus: 106.2mg (10.62%), Fiber: 2.28g (9.12%), Copper: 0.17mg (8.43%), Magnesium: 32.69mg (8.17%), Potassium: 284.39mg

(8.13%), Calcium: 78.06mg (7.81%), Vitamin B6: 0.15mg (7.73%), Vitamin B2: 0.12mg (6.88%), Selenium: 4.11µg (5.86%), Zinc: 0.82mg (5.48%), Vitamin B5: 0.53mg (5.27%), Iron: 0.94mg (5.22%), Vitamin E: 0.78mg (5.17%), Vitamin B1: 0.07mg (4.51%), Vitamin B3: 0.57mg (2.87%), Vitamin B12: 0.06µg (1.07%)