



Broccoli and Red Pepper Toss



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cauliflower florets
- ☐ 0.5 cup bell pepper diced red
- ☐ 2 tablespoons butter
- ☐ 1 garlic clove finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.1 teaspoon salt

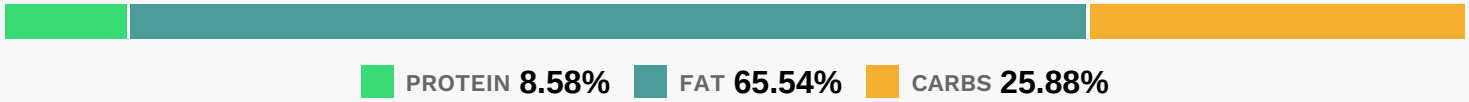
Equipment

- ☐ sauce pan

Directions

- ☐ Heat 6 cups water to boiling in 2-quart saucepan.
- ☐ Add broccoli.
- ☐ Heat to boiling; boil uncovered 2 minutes.
- ☐ Add bell pepper to saucepan. Boil 1 to 2 minutes or until vegetables are crisp-tender.
- ☐ Drain; remove from saucepan.
- ☐ Add butter to saucepan. Cook garlic in butter over medium heat, stirring occasionally, until golden. Stir in lemon juice and salt. Return broccoli mixture to saucepan; toss to coat.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:5.3360869009858%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 50.21kcal (2.51%), Fat: 3.94g (6.06%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 108.04mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin C: 40.48mg (49.07%), Vitamin A: 555.79IU (11.12%), Folate: 34.44µg (8.61%), Vitamin K: 8.37µg (7.97%), Vitamin B6: 0.14mg (6.76%), Potassium: 180.53mg (5.16%), Fiber: 1.27g (5.1%), Manganese: 0.1mg (5%), Vitamin B5: 0.38mg (3.81%), Phosphorus: 27.13mg (2.71%), Vitamin E: 0.38mg (2.55%), Vitamin B2: 0.04mg (2.53%), Magnesium: 9.31mg (2.33%), Vitamin B1: 0.03mg (2.22%), Vitamin B3: 0.38mg (1.9%), Iron: 0.27mg (1.52%), Calcium: 14.25mg (1.43%), Copper: 0.02mg (1.16%), Zinc: 0.17mg (1.15%)