



 **63%**
HEALTH SCORE

Broccoli and Tomato Bake

 **Gluten Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- 0.8 pound broccoli peeled sliced cut into florets, stems and 1/
- 15 ounce canned tomatoes diced canned
- 1 small carrots diced
- 1 stalk celery diced
- 1 clove garlic minced
- 0.3 cup goat cheese crumbled
- 1 tablespoon olives green chopped
- 4 servings salt and ground pepper black

- 2 teaspoons maple syrup
- 1 tablespoon olive oil
- 1 small onion thinly sliced
- 0.3 cup parmesan cheese

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat olive oil in a skillet over medium heat.
- Add the onion and garlic; cook and stir until aromatic, about 3 minutes. Stir in the carrots and celery, season with salt and pepper, and continue cooking until the vegetables begin to soften, about 5 minutes.
- Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the broccoli, recover, and steam until bright green, 4 minutes.
- Remove the broccoli from the steamer and place in a 8x8 inch baking dish; set aside.
- Preheat an oven to 375 degrees F (190 degrees C).
- Pour the can of diced tomatoes and green olives into the skillet with the onion and carrot mixture. Stir and cook over medium-high heat until most of the sauce thickens, about 5 minutes.
- Mix in the maple syrup, season with salt and pepper to taste, and cook and stir for 3 minutes.
- Pour the sauce over the broccoli in the 8x8 inch baking dish. Evenly distribute the goat cheese and Parmesan cheese over the broccoli and sauce.
- Bake in preheated oven until the cheese begins to brown, about 20 minutes.

Nutrition Facts



■ PROTEIN 19.15% ■ FAT 41.43% ■ CARBS 39.42%

Properties

Glycemic Index:75.33, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:23.038695483104%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 6.84mg, Kaempferol: 6.84mg, Kaempferol: 6.84mg, Kaempferol: 6.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 183.07kcal (9.15%), Fat: 9.1g (13.99%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 14.33g (5.21%), Sugar: 9.88g (10.98%), Cholesterol: 10.78mg (3.59%), Sodium: 369.79mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin C: 88.22mg (106.93%), Vitamin K: 99.71µg (94.96%), Vitamin A: 3095.76IU (61.92%), Manganese: 0.55mg (27.26%), Fiber: 5.15g (20.58%), Vitamin B6: 0.41mg (20.27%), Potassium: 694.32mg (19.84%), Folate: 78.94µg (19.74%), Calcium: 188.82mg (18.88%), Phosphorus: 183.08mg (18.31%), Copper: 0.36mg (18.2%), Vitamin E: 2.73mg (18.18%), Vitamin B2: 0.29mg (17.22%), Iron: 2.47mg (13.74%), Magnesium: 49.81mg (12.45%), Vitamin B1: 0.18mg (11.68%), Vitamin B3: 2.11mg (10.55%), Vitamin B5: 0.99mg (9.94%), Zinc: 1.05mg (6.97%), Selenium: 4.84µg (6.91%), Vitamin B12: 0.1µg (1.7%)