



Broccoli and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 4 cups broccoli fresh
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 teaspoon dill dried
- ☐ 0.3 teaspoon lemon pepper
- ☐ 0.5 cup water

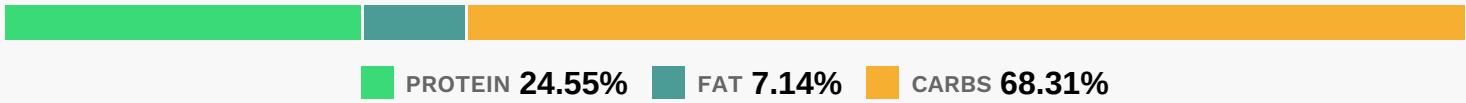
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat water to boiling.
- ☐ Add broccoli; return to boiling.
- ☐ Reduce heat; simmer over medium-low heat 4 to 6 minutes or until broccoli is crisp-tender.
- ☐ Add tomatoes; cook 1 minute.
- ☐ Drain; toss with dill and lemon-pepper seasoning.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:10.35869555888%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 29.31kcal (1.47%), Fat: 0.28g (0.43%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 26mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 63.7mg (77.21%), Vitamin K: 61.37µg (58.44%), Vitamin A: 613.69IU (12.27%), Folate: 43.43µg (10.86%), Manganese: 0.19mg (9.46%), Potassium: 297.52mg (8.5%), Fiber: 1.91g (7.62%), Vitamin B6: 0.14mg (7.18%), Phosphorus: 53.21mg (5.32%), Vitamin E: 0.74mg (4.91%), Vitamin B2: 0.08mg (4.7%), Iron: 0.81mg (4.53%), Magnesium: 17.51mg (4.38%), Vitamin B5: 0.4mg (4.01%), Vitamin B1: 0.06mg (4%), Calcium: 35.48mg (3.55%), Copper: 0.07mg (3.53%), Vitamin B3: 0.64mg (3.21%), Selenium: 1.72µg (2.46%), Zinc: 0.32mg (2.11%)