



WHATSHEATE



HEALTH SCORE

83%

Broccoli Carpaccio with Broccoli Stalk Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients



2 avocados ripe peeled cut into 1/8-inch slices



1 bird's eye chile pepper red minced (or serrano chile)



0.3 teaspoon pepper black freshly ground



2 cups matchstick-cut broccoli stalks peeled



9 ounces broccoli stalks



1 teaspoon ginger fresh minced peeled



1 teaspoon garlic minced



0.3 teaspoon kosher salt

- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 cups gourmet salad greens
- ☐ 3 tablespoons thai basil fresh chopped

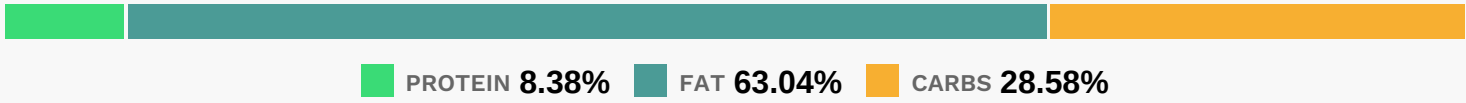
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare carpaccio, combine first 4 ingredients. Peel and slice 3 broccoli stalks into 2 x 1 x 1-inch rectangles, squaring off their sides. Slice broccoli lengthwise into 1/4-inch planks.
- ☐ Combine broccoli planks, 3 tablespoons juice, and 1/4 teaspoon salt. Arrange broccoli planks and avocado slices on 6 plates; sprinkle with basil mixture.
- ☐ To prepare salad, combine olive oil, 1 tablespoon juice, 1/4 teaspoon salt, and pepper in a large bowl, stirring with a whisk.
- ☐ Add 2 cups matchstick-cut broccoli stalks, salad greens, and onion; toss to coat. Divide salad evenly among plates.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:17.633043309917%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg

Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 161.21kcal (8.06%), Fat: 12.49g (19.21%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 6.16g (2.24%), Sugar: 2.16g (2.39%), Cholesterol: 0mg (0%), Sodium: 129.5mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Vitamin C: 78.95mg (95.7%), Vitamin K: 93.22µg (88.78%), Folate: 107.6µg (26.9%), Fiber: 6.57g (26.29%), Potassium: 605.58mg (17.3%), Vitamin B6: 0.33mg (16.52%), Vitamin E: 2.32mg (15.47%), Manganese: 0.31mg (15.44%), Vitamin A: 761.24IU (15.22%), Vitamin B5: 1.39mg (13.86%), Vitamin B2: 0.18mg (10.77%), Magnesium: 38.63mg (9.66%), Phosphorus: 92.6mg (9.26%), Copper: 0.18mg (9.13%), Vitamin B3: 1.74mg (8.7%), Vitamin B1: 0.11mg (7.16%), Iron: 1.07mg (5.95%), Zinc: 0.79mg (5.26%), Calcium: 49.75mg (4.98%), Selenium: 2.24µg (3.21%)