



Broccoli Cheese Dunk

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds broccoli diced peeled cut into 1-inch florets, stems and
- 1 teaspoon chile powder
- 1 clove garlic minced (large)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 1 pound provolone cheese sliced

- 30 servings salt
- 30 servings warm tortillas for serving

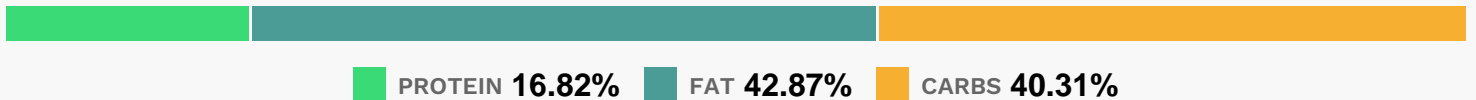
Equipment

- frying pan
- broiler

Directions

- Preheat the broiler and position a rack 8 inches from the heat. In a large skillet, heat the olive oil.
- Add the broccoli and garlic and cook over moderate heat, stirring occasionally, until the broccoli is browned in spots and crisp-tender, about 5 minutes. Stir in the spices and oregano. Season with salt and cook for 1 minute.
- Add 1/2 cup of water and cook until the broccoli is tender and the liquid has evaporated, about 3 minutes.
- Arrange half of the cheese in 6 individual gratin dishes. Top with the broccoli and the remaining cheese. Broil for 5 to 6 minutes, or until the cheese is melted and browned.
- Serve right away with warm tortillas.

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:8.4799999776094%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 165.83kcal (8.29%), Fat: 7.94g (12.22%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.09g (5.49%), Sugar: 1.59g (1.77%), Cholesterol: 10.43mg (3.48%), Sodium: 533.28mg (23.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 26.75µg (25.48%), Vitamin C:

20.28mg (24.58%), Calcium: 170.93mg (17.09%), Phosphorus: 152.77mg (15.28%), Selenium: 9.5µg (13.57%), Vitamin B1: 0.17mg (11.39%), Folate: 44.11µg (11.03%), Manganese: 0.21mg (10.29%), Vitamin B2: 0.16mg (9.47%), Iron: 1.42mg (7.91%), Vitamin B3: 1.51mg (7.54%), Fiber: 1.71g (6.86%), Vitamin A: 295.54IU (5.91%), Zinc: 0.75mg (5.01%), Magnesium: 16.28mg (4.07%), Potassium: 134.24mg (3.84%), Vitamin B12: 0.22µg (3.68%), Vitamin B6: 0.07mg (3.59%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.25mg (2.53%), Copper: 0.05mg (2.44%)