



Broccoli Dressed 2 Ways

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

Ingredients

- 2 heads broccoli steamed trimmed for 4 to 5 minutes
- 2 large cloves garlic thinly sliced
- 2 cloves garlic smashed thinly sliced
- 1 juice of lemon juiced
- 4 lemon zest
- 1 tablespoon brown sugar light
- 1 tablespoon brown sugar light
- 2 lemon zest

- 0.3 cup olive oil
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 teaspoon pepper red
- 1 teaspoon salt
- 10 pepper freshly ground
- 2 tablespoons sherry vinegar

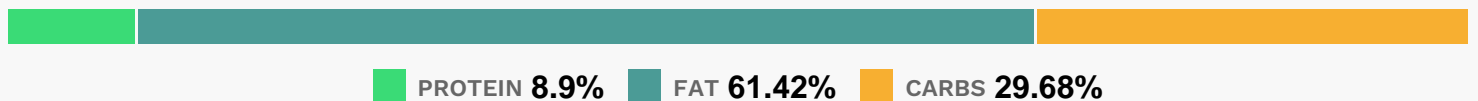
Equipment

- bowl
- frying pan
- whisk

Directions

- Divide the cooked broccoli into 2 serving bowls.
- In a small bowl, whisk together the vinegar, brown sugar, and chili flakes until the sugar has dissolved. Set aside.
- Heat the olive oil in a large skillet over medium heat.
- Add the garlic and lemon peel and cook briefly until beginning to turn golden brown, about 1 1/2 to 2 minutes.
- Add the vinegar mixture and salt and simmer 2 minutes longer.
- Pour dressing over half the broccoli florets and serve immediately.
- Heat the olive oil, garlic, and lemon peel over medium heat and let sizzle gently for a few minutes until garlic is lightly browned.
- Add lemon juice, salt, and pepper and heat for another minute.
- Pour dressing over half the broccoli florets and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:28.327826085298%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 383.6kcal (19.18%), Fat: 28.3g (43.54%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 21.1g (7.67%), Sugar: 11.62g (12.91%), Cholesterol: 0mg (0%), Sodium: 690.23mg (30.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Vitamin C: 286.66mg (347.46%), Vitamin K: 330.74µg (314.99%), Manganese: 1.02mg (51.07%), Folate: 194.84µg (48.71%), Vitamin E: 6.42mg (42.78%), Vitamin A: 1986.94IU (39.74%), Fiber: 9.66g (38.65%), Vitamin B6: 0.6mg (30.15%), Potassium: 1044.19mg (29.83%), Vitamin B2: 0.37mg (22.01%), Phosphorus: 212.45mg (21.25%), Vitamin B5: 1.84mg (18.43%), Magnesium: 71.89mg (17.97%), Calcium: 178.78mg (17.88%), Iron: 2.87mg (15.93%), Vitamin B1: 0.23mg (15.49%), Selenium: 8.34µg (11.92%), Copper: 0.21mg (10.36%), Vitamin B3: 2.07mg (10.35%), Zinc: 1.35mg (9.02%)