 **56%**  
HEALTH SCORE

## Broccoli Italiano

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



7

CALORIES



53 kcal

SIDE DISH

## Ingredients

- 5.5 cups broccoli florets
- 2 large mushrooms fresh sliced
- 2 large mushrooms fresh sliced
- 4 garlic clove minced
- 0.5 cup spring onion thinly sliced
- 2 tablespoons juice of lemon
- 4 teaspoons olive oil
- 0.3 teaspoon pepper

0.5 teaspoon salt

## Equipment

frying pan

sauce pan

steamer basket

## Directions

In a large saucepan, bring 1 in. of water to a boil.

Place broccoli in a steamer basket over water; cover and steam for 4–5 minutes or until crisp-tender.

In a nonstick skillet, cook onions in oil over medium heat for 1 minute.

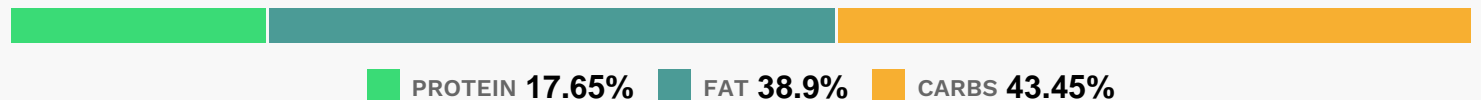
Add garlic; cook 30 seconds longer. Reduce heat.

Add the broccoli, lemon juice, salt and pepper; toss to coat.

Remove from the heat; let stand for 5 minutes before serving.

Add mushrooms.

## Nutrition Facts



## Properties

Glycemic Index:27.14, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:12.563912973456%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.71mg, Kaempferol: 5.71mg, Kaempferol: 5.71mg, Kaempferol: 5.71mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

## Nutrients (% of daily need)

Calories: 53.37kcal (2.67%), Fat: 2.63g (4.05%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.37g (1.59%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 191.9mg (8.34%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin K: 89.24µg (84.99%), Vitamin C: 67.59mg (81.93%), Folate: 52.77µg (13.19%), Vitamin A: 517.46IU (10.35%), Manganese: 0.21mg (10.32%), Fiber: 2.24g (8.97%), Potassium: 299.74mg (8.56%), Vitamin B2: 0.14mg (8.52%), Vitamin B6: 0.17mg (8.33%), Phosphorus: 64.21mg (6.42%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.94mg (6.24%), Vitamin B3: 0.99mg (4.93%), Selenium: 3.3µg (4.72%), Vitamin B1: 0.07mg (4.66%), Magnesium: 18.44mg (4.61%), Copper: 0.09mg (4.48%), Calcium: 42.94mg (4.29%), Iron: 0.75mg (4.15%), Zinc: 0.41mg (2.75%)