



Broccoli Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds broccoli fresh cleaned cooked
- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 Dash pepper
- ☐ 0.5 teaspoon salt

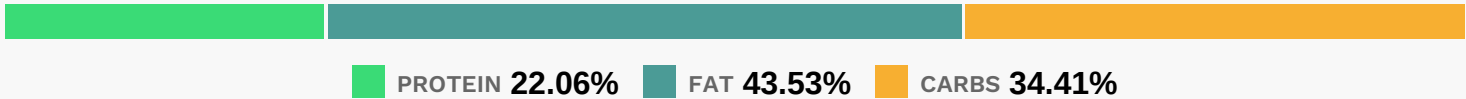
Equipment

- ☐ broiler

Directions

- ☐ Arrange broccoli in a serving dish. Season with salt and pepper.
- ☐ Pour melted butter over broccoli, and sprinkle with Parmesan cheese.
- ☐ Place under broiler for 2 minutes or until cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:17.732173943001%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 112.86kcal (5.64%), Fat: 5.97g (9.18%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 6.93g (2.52%), Sugar: 2.42g (2.68%), Cholesterol: 8.16mg (2.72%), Sodium: 389.19mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.61%), Vitamin C: 126.45mg (153.27%), Vitamin K: 144.76µg (137.87%), Folate: 89.9µg (22.48%), Vitamin A: 1089.44IU (21.79%), Phosphorus: 153.82mg (15.38%), Manganese: 0.31mg (15.38%), Calcium: 150.69mg (15.07%), Fiber: 3.69g (14.75%), Potassium: 466.84mg (13.34%), Vitamin B6: 0.26mg (12.8%), Vitamin B2: 0.2mg (11.74%), Selenium: 6.83µg (9.75%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.26mg (8.41%), Magnesium: 33.18mg (8.29%), Vitamin B1: 0.1mg (6.9%), Zinc: 0.99mg (6.58%), Iron: 1.08mg (6%), Vitamin B3: 0.91mg (4.57%), Copper: 0.07mg (3.67%), Vitamin B12: 0.13µg (2.17%)