



Broccoli-Pecorino Gratinata

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 3 pounds broccoli trimmed
- ☐ 8 servings sea salt (preferably gray crystals)
- ☐ 1.5 ounces pecorino cheese freshly grated
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 cup butter unsalted plus more for dish very thin cut into slices ()

Equipment

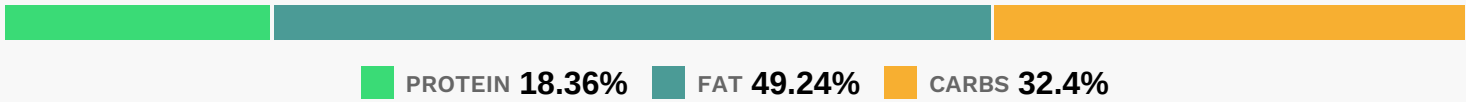
- ☐ oven

☐ glass baking pan

Directions

- ☐ Cook broccoli in boiling salted water until crisp-tender but still bright green, about 5 minutes.
- ☐ Drain and cool.
- ☐ Cut florets lengthwise into 1/4-inch-thick slices. Coat large oval gratin or 13x9x2-inch glass baking dish with butter. Arrange broccoli slices, overlapping snugly, in rows in dish.
- ☐ Sprinkle with crushed red pepper, salt, and black pepper. Dot with 1/4 cup butter, then sprinkle with cheese. DO AHEAD: Can be made 8 hours ahead. Cover and chill.
- ☐ Preheat oven to 425°F.
- ☐ Bake gratinatauncovered until cheese is melted and broccoli tops brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:18.80521731273%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 129.69kcal (6.48%), Fat: 7.83g (12.04%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.94g (3.27%), Cholesterol: 20.78mg (6.93%), Sodium: 315.53mg (13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Vitamin C: 151.73mg (183.91%), Vitamin K: 174.34µg (166.04%), Folate: 107.78µg (26.95%), Vitamin A: 1278.12IU (25.56%), Manganese: 0.37mg (18.64%), Fiber: 4.47g (17.88%), Potassium: 546.37mg (15.61%), Phosphorus: 154.71mg (15.47%), Vitamin B6: 0.3mg (15.2%), Calcium: 138.97mg (13.9%), Vitamin B2: 0.22mg (13.05%), Vitamin E: 1.53mg (10.19%), Vitamin B5: 1.01mg (10.07%), Magnesium: 38.31mg (9.58%), Vitamin B1: 0.12mg (8.22%), Selenium: 5.11µg (7.3%), Iron: 1.31mg (7.26%), Zinc: 0.85mg (5.64%), Vitamin B3: 1.1mg (5.51%), Copper: 0.09mg (4.41%), Vitamin B12: 0.07µg (1.19%)