



## Broccoli Polonaise

READY IN



30 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

### Ingredients

- 1 pound broccoli cut into florets
- 2 tablespoons butter
- 0.5 cup breadcrumbs dry
- 1 hardboiled eggs finely chopped
- 1 tablespoon parmesan cheese grated

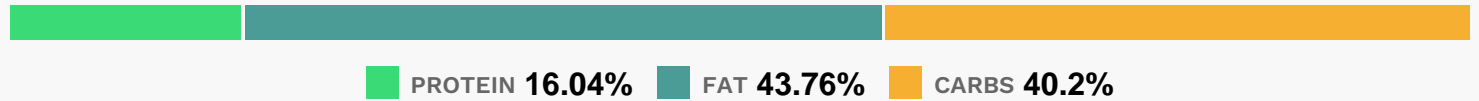
### Equipment

- sauce pan

## Directions

- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the broccoli, cover, and steam until just tender, 2 to 6 minutes depending on thickness.
- Drain broccoli and place into a serving dish.
- In a small saucepan over medium heat, melt the butter; stir in bread crumbs and Parmesan cheese, and cook until the crumbs are golden brown, 1 to 2 minutes.
- Sprinkle the browned crumbs onto the steamed broccoli, and toss gently.
- Sprinkle the broccoli with chopped egg.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:18.39739129336%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

## Nutrients (% of daily need)

Calories: 166.71kcal (8.34%), Fat: 8.49g (13.06%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 13.99g (5.09%), Sugar: 2.91g (3.23%), Cholesterol: 62.76mg (20.92%), Sodium: 218.63mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Vitamin C: 101.15mg (122.61%), Vitamin K: 117.11µg (111.53%), Folate: 91.67µg (22.92%), Vitamin A: 957.21IU (19.14%), Manganese: 0.37mg (18.33%), Vitamin B2: 0.26mg (15.17%), Selenium: 10.59µg (15.13%), Vitamin B1: 0.22mg (14.67%), Fiber: 3.56g (14.22%), Phosphorus: 128.22mg (12.82%), Potassium: 404.53mg (11.56%), Vitamin B6: 0.23mg (11.56%), Calcium: 96.98mg (9.7%), Vitamin B5: 0.91mg (9.11%), Iron: 1.64mg (9.09%), Vitamin B3: 1.63mg (8.16%), Vitamin E: 1.19mg (7.95%), Magnesium: 31.45mg (7.86%), Zinc: 0.85mg (5.68%), Copper: 0.09mg (4.61%), Vitamin B12: 0.21µg (3.58%), Vitamin D: 0.28µg (1.88%)