



Broccoli Puree with Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 8 cups broccoli crowns
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 0.3 cup milk 1% low-fat
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 2 cups d potatoes refrigerated mashed (such as Simply Potatoes)
- ☐ 0.8 teaspoon salt

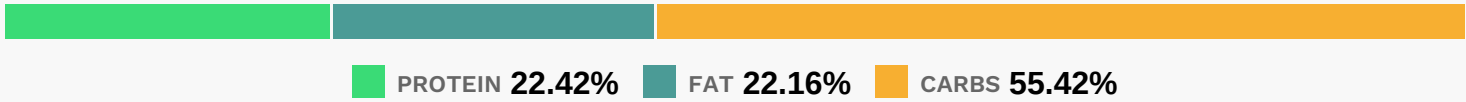
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Heat potatoes according to package directions. Keep warm.
- ☐ Cook broccoli in boiling water 7 minutes or until tender.
- ☐ Drain.
- ☐ Place broccoli, cheese, and remaining ingredients in a food processor; process until smooth, scraping sides of bowl occasionally.
- ☐ Combine potatoes and broccoli mixture in a large bowl, stirring until well blended.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:5.28, Inflammation Score:-6, Nutrition Score:10.982608670774%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 70.6kcal (3.53%), Fat: 1.86g (2.85%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 8.13g (2.96%), Sugar: 1.55g (1.73%), Cholesterol: 3.46mg (1.15%), Sodium: 245.1mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin C: 59.23mg (71.79%), Vitamin K: 60.83µg (57.94%), Folate: 43µg (10.75%), Vitamin B6: 0.21mg (10.7%), Potassium: 345.75mg (9.88%), Phosphorus: 96.65mg (9.67%), Calcium: 94.14mg (9.41%), Fiber: 2.31g (9.24%), Manganese: 0.18mg (8.95%), Vitamin A: 425.09IU (8.5%), Vitamin B2: 0.1mg (6.05%), Magnesium: 23.1mg (5.78%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.48mg (4.79%), Iron: 0.75mg (4.17%), Selenium: 2.75µg (3.92%), Vitamin B3: 0.77mg (3.83%), Vitamin E: 0.54mg (3.58%), Copper: 0.07mg (3.43%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.09µg (1.44%)