



 **78%**
HEALTH SCORE

Broccoli Rabe with Garlic and Golden Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound broccoli rabe (rapini)
- 0.1 teaspoon pepper red crushed
- 3 garlic clove thinly sliced
- 0.3 cup golden raisins
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil extra virgin extra-virgin

Equipment

- frying pan
- sauce pan

Directions

- Bring 8 cups of water to a boil in a large saucepan.
- Cut broccoli rabe into 2-inch pieces. Cook broccoli rabe in boiling water 2 minutes; drain.
- Heat a large nonstick skillet over medium heat.
- Add olive oil to pan; swirl to coat.
- Add crushed red pepper and garlic to pan; cook 30 seconds, stirring occasionally.
- Add broccoli rabe and raisins to pan; cook 2 minutes. Stir in salt and black pepper.
- VARIATION Broccoli Rabe with Polenta Croutons: Prepare base recipe, omitting raisins.
- Cut four 1-inch slices of refrigerated tube polenta; cut slices into 1-inch cubes.
- Heat a large cast-iron skillet over medium-high heat.
- Add 1 tablespoon extra-virgin olive oil to pan; swirl to coat.
- Add polenta; cook 8 minutes, turning to brown on all sides. Top broccoli rabe with croutons.
- Serves 4 (serving size: about 2/3 cup) CALORIES 137; FAT 8g (sat 9g); SODIUM 253mg
- VARIATION Broccoli Rabe with Sesame and Soy: Prepare base recipe, keeping rabe whole, mincing garlic, substituting 2 teaspoons peanut oil for olive oil, and omitting raisins. Gently toss sauted rabe in 1 tablespoon lower-sodium soy sauce, 1 teaspoon rice wine vinegar, 1/2 teaspoon sugar, and 1/2 teaspoon toasted sesame oil.
- Sprinkle with 1 teaspoon toasted sesame seeds.
- Serves 4 (serving size: about 2/3 cup) CALORIES 71; FAT 2g (sat 5g); SODIUM 251mg
- VARIATION Broccoli Rabe with White Beans and Parmesan: Prepare base recipe, increasing oil to 2 tablespoons, increasing red pepper to 1/4 teaspoon, increasing garlic to 5 cloves, omitting raisins, and increasing black pepper to 1/2 teaspoon. Stir in 1 (15-ounce) can rinsed and drained cannellini beans; cook 1 minute or until thoroughly heated. Top with 1 ounce shaved Parmesan cheese.
- Serves 6 (serving size: about 3/4 cup) CALORIES 119; FAT 9g (sat 4g); SODIUM 273mg

Nutrition Facts



■ PROTEIN 16.51% ■ FAT 37.65% ■ CARBS 45.84%

Properties

Glycemic Index:37.67, Glycemic Load:4.16, Inflammation Score:-9, Nutrition Score:16.609999967658%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 87.1kcal (4.35%), Fat: 4.12g (6.34%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 7.77g (2.83%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 185.35mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.13%), Vitamin K: 256.74µg (244.52%), Vitamin A: 2992.72IU (59.85%), Vitamin C: 23.9mg (28.97%), Manganese: 0.53mg (26.54%), Folate: 94.5µg (23.62%), Vitamin E: 2.38mg (15.86%), Iron: 2.67mg (14.84%), Fiber: 3.52g (14.1%), Calcium: 132.23mg (13.22%), Vitamin B6: 0.25mg (12.64%), Vitamin B1: 0.19mg (12.61%), Vitamin B2: 0.17mg (9.82%), Phosphorus: 97.03mg (9.7%), Potassium: 301.83mg (8.62%), Vitamin B3: 1.51mg (7.56%), Magnesium: 28.99mg (7.25%), Zinc: 0.93mg (6.22%), Copper: 0.09mg (4.48%), Vitamin B5: 0.39mg (3.94%), Selenium: 1.54µg (2.19%)