



Broccoli Rabe with Lemon and Garlic

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli rabe trimmed coarsely chopped
- 4 servings coarse salt
- 3 cloves garlic chopped
- 1 lemon zest juiced
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon pepper flakes red crushed

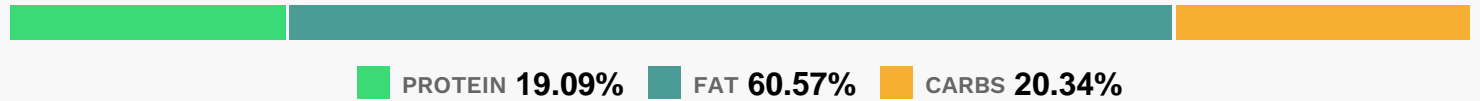
Equipment

- frying pan

Directions

- Bring 1-inch of water to a boil in a deep skillet.
- Add rabe, season with salt, and cover pan. Reduce heat to simmer and cook 10 minutes.
- Drain rabe.
- Return pan to heat and saute garlic and red pepper flakes in oil over moderate heat for 1 to 2 minutes.
- Add rabe, coat in garlic oil. Cook rabe in garlic oil for 2 minutes and remove from heat.
- Squeeze the juice of lemon over the pan and sprinkle in zest. Toss rabe to distribute lemon flavor and transfer broccoli rabe to serving dish.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:21.966956377029%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 104.06kcal (5.2%), Fat: 7.88g (12.13%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 254.63mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin K: 385.53µg (367.18%), Vitamin A: 4535.02IU (90.7%), Vitamin C: 37mg (44.85%), Manganese: 0.71mg (35.71%), Folate: 141.51µg (35.38%), Vitamin E: 3.86mg (25.76%), Iron: 3.77mg (20.97%), Fiber: 4.89g (19.54%), Calcium: 190.8mg (19.08%), Vitamin B1: 0.28mg (18.77%), Vitamin B6: 0.33mg (16.33%), Vitamin B2: 0.23mg (13.26%), Phosphorus: 128.54mg (12.85%), Vitamin B3: 2.13mg (10.63%), Potassium: 349.8mg (9.99%), Magnesium: 38.59mg (9.65%), Zinc: 1.35mg (9.01%), Vitamin B5: 0.57mg (5.68%), Copper: 0.08mg (4.11%), Selenium: 2.08µg (2.97%)