



WHATSheATE



HEALTH SCORE

77%

Broccoli Rabe with Polenta Croutons



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli rabe (rapini)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 3 garlic cloves thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings polenta refrigerated

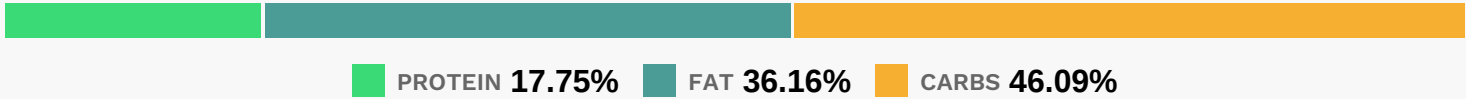
Equipment

- ☐ 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 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add crushed red pepper and garlic to pan; cook 30 seconds, stirring occasionally.
- ☐ Add broccoli rabe to pan; cook 2 minutes. Stir in salt and black pepper.
- ☐ Cut four 1-inch slices of refrigerated polenta; cut slices into 1-inch cubes.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add polenta; cook 8 minutes, turning to brown on all sides. Top broccoli rabe with croutons.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:16.457826116811%

Flavonoids

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: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 96.83kcal (4.84%), Fat: 4.2g (6.46%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 8.73g (3.17%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 184.37mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin K: 256.46µg (244.25%), Vitamin A: 3014.12IU (60.28%), Vitamin C: 23.61mg (28.62%), Manganese: 0.51mg (25.68%), Folate: 94.73µg (23.68%), Vitamin E: 2.37mg (15.79%), Iron: 2.61mg (14.49%), Vitamin B1: 0.2mg (13.43%), Fiber: 3.32g (13.29%), Calcium: 127.63mg (12.76%), Vitamin B6: 0.24mg (11.91%), Phosphorus: 93.91mg (9.39%), Vitamin B2: 0.15mg (9.03%), Vitamin B3: 1.53mg

(7.64%), Magnesium: 28.52mg (7.13%), Potassium: 247.93mg (7.08%), Zinc: 0.94mg (6.3%), Selenium: 3.17µg (4.53%), Vitamin B5: 0.43mg (4.29%), Copper: 0.06mg (3.21%)