



HEALTH SCORE

77%

Broccoli Rabe with Sesame and Soy



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



58 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 minced



0.3 teaspoon kosher salt



1 tablespoon lower-sodium soy sauce



2 teaspoons vegetable oil; peanut oil preferred



1 teaspoon rice wine vinegar

- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 1 teaspoon sesame seed toasted
- ☐ 0.5 teaspoon sugar

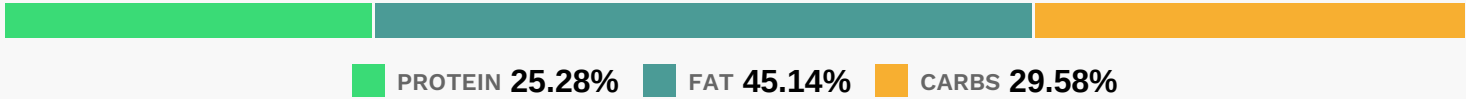
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 8 cups of water to a boil in a large saucepan. Cook broccoli rabe in boiling water 2 minutes; drain.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add peanut 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.
- ☐ Gently toss sauted rabe in soy sauce, rice wine vinegar, sugar, and sesame oil.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:62.27, Glycemic Load:0.65, Inflammation Score:-9, Nutrition Score:16.410434857659%

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: 58.19kcal (2.91%), Fat: 3.34g (5.14%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 328.28mg (14.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin K: 254.4µg (242.29%), Vitamin A: 2992.76IU

(59.86%), Vitamin C: 23.61mg (28.62%), Manganese: 0.53mg (26.64%), Folate: 96.47µg (24.12%), Vitamin E: 2.2mg (14.68%), Iron: 2.62mg (14.54%), Calcium: 133.55mg (13.35%), Fiber: 3.25g (13%), Vitamin B1: 0.19mg (12.94%), Vitamin B6: 0.23mg (11.69%), Phosphorus: 96.44mg (9.64%), Vitamin B2: 0.16mg (9.44%), Magnesium: 30.35mg (7.59%), Vitamin B3: 1.48mg (7.38%), Potassium: 250.65mg (7.16%), Zinc: 0.97mg (6.5%), Copper: 0.08mg (3.96%), Vitamin B5: 0.39mg (3.94%), Selenium: 1.67µg (2.39%)