



Broccoli Romanesco with Green Herb Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brined capers rinsed chopped
- ☐ 0.5 cup flat-leaf parsley leaves coarsely chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lemon zest
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon oregano fresh chopped

- ☐ 6 to 8 baby heads broccoli romanesco
- ☐ 6 servings sea salt and pepper
- ☐ 2 tablespoons shallots diced finely (1 medium)

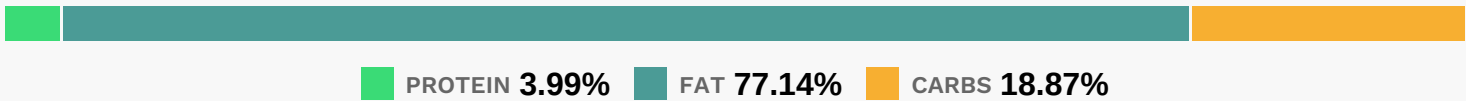
Equipment

- ☐ knife
- ☐ steamer basket

Directions

- ☐ Peel only toughest outer leaves from broccoli romanesco, leaving tender inner ones attached. Steam broccoli in a steamer basket over simmering water, covered, until tender to the core when pierced with a knife, 15 to 20 minutes. Put in a serving dish.
- ☐ Meanwhile, mix remaining ingredients, seasoning with salt and pepper to taste.
- ☐ Spoon about half the green herb sauce over broccoli and turn gently to coat.
- ☐ Serve warm or at room temperature, with extra sauce on the side.
- ☐ *Find at farmers' markets in fall and winter, and increasingly at well-stocked grocery stores.
- ☐ Make ahead: Sauce, up to 1 day, chilled (add lemon juice at the last minute, or it will dull the sauce's color). Broccoli romanesco may be steamed a few hours ahead; let sit, loosely covered, at room temp (if chilled overnight in a container, it gets sulfurous).

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:5.8673912999423%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 40.42kcal (2.02%), Fat: 3.71g (5.7%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 271.4mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin K: 86.93µg (82.79%), Vitamin C: 12.15mg (14.73%), Vitamin A: 447.39IU (8.95%), Vitamin E: 0.65mg (4.35%), Iron: 0.65mg (3.6%), Folate: 11.43µg (2.86%), Fiber: 0.7g (2.81%), Manganese: 0.05mg (2.58%), Calcium: 18.59mg (1.86%), Potassium: 57.42mg (1.64%), Vitamin B6: 0.03mg (1.57%), Magnesium: 6.09mg (1.52%), Copper: 0.03mg (1.38%)