



HEALTH SCORE

100%

Broccoli Soffriti (Braised Broccoli)

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- 10 fillet marinated anchovy rinsed roughly chopped
- 0.3 cup bread crumbs toasted
- 3 pounds broccoli rabe fresh with leaves, if possible, or 3 pounds broccoli
- 8 garlic cloves halved
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin

Equipment

- frying pan

Directions

- Trim the broccoli rabe into long stalks, removing the bottom 2 inches and leaving the leaves attached. Bring 6 quarts of water to a boil. Meanwhile, place a 12- to 14-inch saute pan over medium-low heat and add the olive oil.
- Add the garlic and anchovies and cook 5 minutes, stirring often, until just golden brown and very fragrant. While the garlic and anchovies cook, plunge the broccoli rabe into the boiling water and cook for 1 minute.
- Drain the broccoli rabe well and add it to the pan with the garlic and anchovies. Cook over low heat for 10 to 12 minutes, until tender but still holding its shape.
- Remove from heat and season aggressively with pepper and timidly with salt.
- Serve hot or at room temperature sprinkled with the bread crumbs.

Nutrition Facts

  
 **PROTEIN 21.11%**  **FAT 53.97%**  **CARBS 24.92%**

Properties

Glycemic Index:11.75, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:22.876956252948%

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 8.02g (12.34%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.89g (0.98%), Cholesterol: 3mg (1%), Sodium: 86.7mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin K: 385.52µg (367.17%), Vitamin A: 4463.26IU (89.27%), Vitamin C: 35.3mg (42.78%), Manganese: 0.77mg (38.47%), Folate: 145.35µg (36.34%), Vitamin E: 3.76mg (25.08%), Iron: 4.06mg (22.58%), Vitamin B1: 0.32mg (21.14%), Calcium: 203.17mg (20.32%), Fiber: 4.83g (19.33%), Vitamin B6: 0.34mg (16.98%), Vitamin B3: 3.02mg (15.11%), Vitamin B2: 0.25mg (14.67%), Phosphorus: 143.19mg (14.32%), Potassium: 372.58mg (10.65%), Magnesium: 41.84mg (10.46%), Zinc: 1.48mg (9.87%), Selenium: 4.81µg (6.87%), Vitamin B5: 0.62mg (6.18%), Copper: 0.1mg (5.04%)