



HEALTH SCORE

79%

Broccoli Trees with Creamy White-Bean Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 2 pound broccoli cut into 1 1/2-inch-wide spears
- ☐ 19 ounce beans such as cannellini white drained and rinsed canned
- ☐ 1 pinch cayenne
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon ground cumin
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6.5 ounces silken tofu rinsed drained

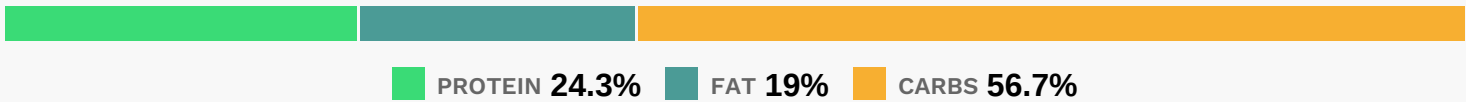
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Blanch broccoli in a pot of boiling salted water (1 tablespoon salt for 6 quarts water), uncovered, 2 minutes, then drain in a colander. Immediately plunge colander with broccoli into an ice bath to stop cooking, then drain again.
- ☐ Spread broccoli out on a kitchen towel to dry. (Broccoli will still be crisp.)
- ☐ With motor of a food processor running, drop garlic through feed tube and process until finely chopped.
- ☐ Add remaining ingredients (except broccoli) and 1/2 teaspoon salt and purée until smooth. Force dip through a fine-mesh sieve into a bowl, discarding solids.
- ☐ Serve broccoli with dip.
- ☐ • Broccoli can be cooked 1 day ahead and chilled in a sealed bag. • Dip can be made 2 days ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:16.520434794219%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg,

Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 117.04kcal (5.85%), Fat: 2.82g (4.34%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 12.71g (4.62%), Sugar: 2.35g (2.62%), Cholesterol: 0mg (0%), Sodium: 183.59mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.23%), Vitamin C: 103.1mg (124.97%), Vitamin K: 116.74µg (111.18%), Fiber: 6.23g (24.91%), Folate: 72.41µg (18.1%), Vitamin A: 712.78IU (14.26%), Iron: 2.53mg (14.07%), Manganese: 0.25mg (12.37%), Potassium: 407.52mg (11.64%), Vitamin B6: 0.21mg (10.42%), Calcium: 102.41mg (10.24%), Phosphorus: 90.42mg (9.04%), Vitamin B2: 0.14mg (8.43%), Magnesium: 31.12mg (7.78%), Vitamin E: 1.15mg (7.66%), Vitamin B1: 0.11mg (7.06%), Vitamin B5: 0.66mg (6.58%), Copper: 0.11mg (5.29%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.59mg (3.96%)