



HEALTH SCORE

54%

Broccoli with Almond-Breadcrumb Topping

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds finely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 6 cups broccoli chopped
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon salt

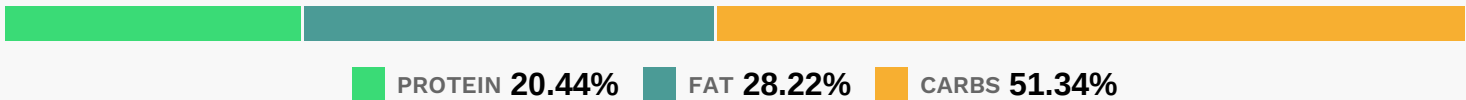
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Cook the broccoli in boiling water for 2 minutes, and drain. Rinse with cold water; drain well.
- ☐ Place broccoli in an 11 x 7-inch baking dish.
- ☐ Combine breadcrumbs and remaining ingredients, and sprinkle breadcrumb mixture evenly over broccoli.
- ☐ Bake at 450 for 15 minutes or until breadcrumb mixture is golden brown.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:11.526521925369%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 61.06kcal (3.05%), Fat: 2.1g (3.23%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.19g (2.25%), Sugar: 1.52g (1.69%), Cholesterol: 1.09mg (0.36%), Sodium: 149.46mg (6.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin C: 58.88mg (71.37%), Vitamin K: 71.44µg (68.04%), Manganese: 0.27mg (13.55%), Folate: 48.56µg (12.14%), Fiber: 2.4g (9.6%), Vitamin A: 427.54IU (8.55%),

Vitamin E: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.71%), Phosphorus: 71.75mg (7.17%), Potassium: 245.29mg (7.01%),
Vitamin B6: 0.13mg (6.49%), Vitamin B1: 0.1mg (6.43%), Calcium: 64.14mg (6.41%), Magnesium: 24.66mg (6.16%),
Iron: 1.01mg (5.6%), Selenium: 3.34µg (4.77%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.83mg (4.15%), Copper:
0.08mg (3.76%), Zinc: 0.48mg (3.23%)