



## Broccoli with Almonds

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**6**

CALORIES



**117 kcal**

**SIDE DISH**

### Ingredients

- 0.3 cup almonds sliced
- 1.5 pounds broccoli fresh cut into spears
- 3 tablespoons butter
- 1 teaspoon chicken soup base
- 0.5 cup onion finely chopped
- 1 teaspoon salt
- 1 cup water

### Equipment

frying pan

sauce pan

## Directions

In a large saucepan, bring broccoli, water and bouillon to a boil. Reduce heat; cover and simmer for 5–8 minutes or until broccoli is crisp–tender.

Drain and place in a serving dish; keep warm.

In a large skillet, saute almonds in butter until browned.

Add onion and salt; saute until onion is tender.

Pour over broccoli; toss to coat.

## Nutrition Facts

 **PROTEIN 13.31%**  **FAT 56.57%**  **CARBS 30.12%**

## Properties

Glycemic Index:19.83, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:16.485217352276%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 8.99mg, Kaempferol: 8.99mg, Kaempferol: 8.99mg, Kaempferol: 8.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

## Nutrients (% of daily need)

Calories: 117.16kcal (5.86%), Fat: 8.07g (12.41%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 6.01g (2.19%), Sugar: 2.72g (3.02%), Cholesterol: 15.09mg (5.03%), Sodium: 552.14mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin C: 102.14mg (123.81%), Vitamin K: 116.21µg (110.68%), Folate: 75.98µg (18.99%), Vitamin A: 881.71IU (17.63%), Manganese: 0.34mg (17.22%), Fiber: 3.65g (14.62%), Vitamin E: 2.03mg (13.55%), Potassium: 408.69mg (11.68%), Vitamin B6: 0.22mg (11.01%), Vitamin B2: 0.18mg (10.81%), Phosphorus: 99.38mg (9.94%), Magnesium: 36.23mg (9.06%), Calcium: 70.4mg (7.04%), Vitamin B5: 0.69mg (6.94%), Vitamin B1: 0.1mg (6.35%), Iron: 1.01mg (5.59%), Copper: 0.11mg (5.34%), Selenium: 3.22µg

(4.6%), Vitamin B3: 0.89mg (4.45%), Zinc: 0.62mg (4.12%)