



Broccoli with Bacon, Blue Cheese and Ranch Dressing

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 3 large very heads of broccoli quartered
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup canola oil
- ☐ 30 servings chive blossoms snipped for garnish
- ☐ 1 tablespoon cider vinegar
- ☐ 1 large garlic clove mashed

- ☐ 30 servings pepper freshly ground
- ☐ 0.8 cup greek yogurt plain low-fat
- ☐ 3 ounces roquefort cheese crumbled
- ☐ 30 servings salt

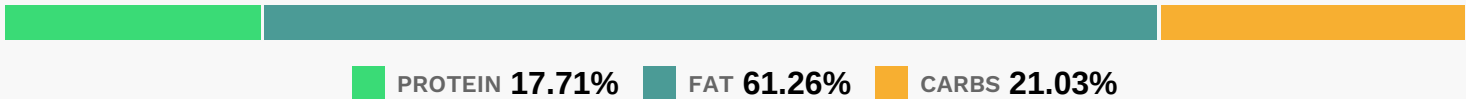
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ steamer basket

Directions

- ☐ On a work surface, mash the garlic with a generous pinch of salt until pasty. Scrape the garlic into a bowl and whisk in the buttermilk, yogurt and cider vinegar.
- ☐ Whisk in the canola oil and season the ranch dressing generously with pepper.
- ☐ In a large, deep pot, bring 1 inch of water to a boil. Set the broccoli in a steamer basket and steam until bright green and crisp-tender, 4 to 5 minutes.
- ☐ Transfer the broccoli to a plate and refrigerate until cool.
- ☐ Meanwhile, in a skillet, cook the bacon over moderate heat until it's golden and crisp, about 6 minutes.
- ☐ Drain on paper towels.
- ☐ Arrange the bacon strips on plates and top with the broccoli wedges.
- ☐ Drizzle with the ranch dressing, top with the Roquefort and sprinkle with chives.
- ☐ Serve any extra dressing on the side.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:10.11608709978%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 87.98kcal (4.4%), Fat: 6.28g (9.67%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.57g (1.75%), Cholesterol: 8.53mg (2.84%), Sodium: 323.89mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Vitamin C: 54.85mg (66.48%), Vitamin K: 65.66µg (62.53%), Folate: 41.06µg (10.27%), Vitamin A: 468.53IU (9.37%), Manganese: 0.15mg (7.48%), Phosphorus: 68.16mg (6.82%), Vitamin B6: 0.14mg (6.75%), Fiber: 1.63g (6.53%), Potassium: 222.87mg (6.37%), Calcium: 62.93mg (6.29%), Vitamin B2: 0.11mg (6.21%), Vitamin E: 0.84mg (5.61%), Selenium: 3.7µg (5.29%), Vitamin B5: 0.47mg (4.67%), Vitamin B1: 0.07mg (4.61%), Magnesium: 15.77mg (3.94%), Vitamin B3: 0.73mg (3.64%), Iron: 0.52mg (2.9%), Zinc: 0.43mg (2.86%), Copper: 0.04mg (1.94%), Vitamin B12: 0.08µg (1.39%)