



Broccoli with Caraway-Cheese Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- 8 cups broccoli fresh
- 0.5 teaspoon caraway seeds
- 0.8 cup milk fat-free
- 1.5 tablespoons flour all-purpose
- 2 teaspoons butter
- 0.1 teaspoon pepper
- 2 ounce pimientos diced drained
- 0.3 teaspoon salt

1 ounce swiss cheese shredded

Equipment

sauce pan

whisk

steamer basket

Directions

Remove and discard broccoli leaves; cut off and discard tough ends of stalks. Wash broccoli; cut into spears. Arrange spears in a steamer basket over boiling water. Cover and steam 8 minutes or until broccoli is crisp-tender.

Drain and place on a serving platter; set aside, and keep warm.

Melt margarine in a saucepan over medium heat.

Add milk and next 3 ingredients; cook, stirring constantly with a whisk, until smooth.

Add cheese and caraway seeds; cook, stirring constantly, until cheese melts and mixture is thickened and bubbly.

Pour sauce over broccoli.

Sprinkle with pimienta, and serve immediately.

carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:14.742173728736%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 68.24kcal (3.41%), Fat: 2.51g (3.86%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.08g (2.21%), Sugar: 2.9g (3.22%), Cholesterol: 3.98mg (1.33%), Sodium: 130.73mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin C: 85.9mg (104.12%), Vitamin K: 90.59µg (86.27%), Vitamin A: 858.02IU (17.16%), Folate: 59.32µg (14.83%), Phosphorus: 107.05mg (10.71%), Calcium: 105.34mg (10.53%), Manganese: 0.21mg (10.38%), Fiber: 2.54g (10.18%), Potassium: 336.78mg (9.62%), Vitamin B6: 0.19mg (9.49%), Vitamin B2: 0.16mg (9.23%), Vitamin B5: 0.61mg (6.1%), Selenium: 4.23µg (6.05%), Vitamin B1: 0.09mg (5.93%), Magnesium: 23.63mg (5.91%), Vitamin E: 0.81mg (5.4%), Iron: 0.88mg (4.9%), Zinc: 0.65mg (4.35%), Vitamin B12: 0.24µg (4.02%), Vitamin B3: 0.73mg (3.67%), Copper: 0.05mg (2.66%), Vitamin D: 0.25µg (1.68%)