



Broccoli with chilli & crispy garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 400 g broccoli separated
- ☐ 3 garlic clove thinly sliced
- ☐ 4 tbsp olive oil
- ☐ 1 to 5 chillies red deseeded sliced

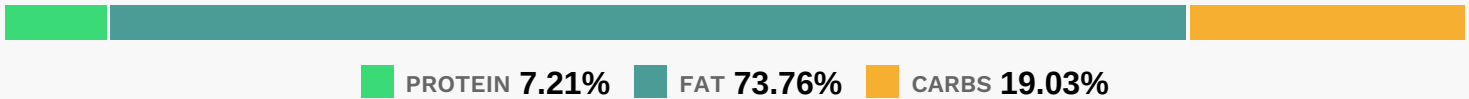
Equipment

- ☐ frying pan

Directions

- ☐ Bring a large pan of salted water to the boil.
- ☐ Add the stalks and cook for 2 mins, then add the florets and cook for 2 mins more.
- ☐ Gently heat the garlic and oil together until the garlic just starts to sizzle and brown, then remove from the heat and add the chilli.
- ☐ Drain the broccoli really well and toss in the garlic oil to serve.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:11.348695547684%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 110.41kcal (5.52%), Fat: 9.62g (14.8%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 3.71g (1.35%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 23.12mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 70.71mg (85.71%), Vitamin K: 74.69µg (71.14%), Vitamin E: 1.92mg (12.78%), Folate: 43.77µg (10.94%), Vitamin A: 486.87IU (9.74%), Manganese: 0.18mg (8.96%), Vitamin B6: 0.17mg (8.66%), Fiber: 1.88g (7.51%), Potassium: 240.93mg (6.88%), Vitamin B2: 0.09mg (5.06%), Phosphorus: 49.52mg (4.95%), Vitamin B5: 0.41mg (4.06%), Magnesium: 16.1mg (4.03%), Vitamin B1: 0.06mg (3.72%), Iron: 0.64mg (3.56%), Calcium: 35.19mg (3.52%), Selenium: 1.92µg (2.74%), Vitamin B3: 0.53mg (2.65%), Copper: 0.05mg (2.34%), Zinc: 0.31mg (2.07%)