



Broccoli with Creamy Feta Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

- 4 cups broccoli flowerets
- 2 tablespoons butter melted
- 3 tablespoons butter melted
- 0.5 teaspoon dillweed dried whole
- 2 ounces feta cheese crumbled
- 3 tablespoons flour all-purpose
- 1.5 cups half-and-half
- 2 tablespoons juice of lemon

- 2 tablespoons onion minced
- 0.5 teaspoon salt

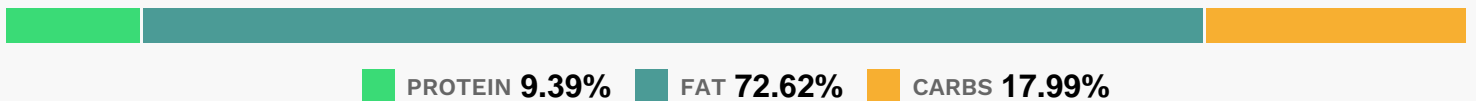
Equipment

- sauce pan

Directions

- Saute onion in 3 tablespoons butter in a saucepan over medium-high heat until tender.
- Add flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually add half-and-half; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in cheese and salt. Cook, stirring constantly, until thoroughly heated.
- Remove from heat, and stir in lemon juice and dillweed. Cover and keep warm.
- Arrange broccoli in a vegetable steamer over boiling water. Cover and steam 5 minutes or until crisp-tender.
- Transfer broccoli to a serving dish; drizzle with 2 tablespoons melted butter. Spoon sauce evenly over broccoli.
- Garnish with lemon zest, if desired.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:4.5, Inflammation Score:-8, Nutrition Score:18.832174067912%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 336.28kcal (16.81%), Fat: 28.09g (43.21%), Saturated Fat: 17.37g (108.59%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 13.09g (4.76%), Sugar: 5.67g (6.3%), Cholesterol: 82mg (27.33%), Sodium: 649.85mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.34%), Vitamin C: 82.65mg (100.18%), Vitamin K: 92.46µg (88.05%), Vitamin A: 1374.5IU (27.49%), Vitamin B2: 0.44mg (25.6%), Calcium: 217.4mg (21.74%), Phosphorus: 205.07mg (20.51%), Folate: 75.97µg (18.99%), Vitamin B6: 0.27mg (13.7%), Selenium: 9.35µg (13.35%), Potassium: 436.1mg (12.46%), Manganese: 0.24mg (12.05%), Vitamin B1: 0.16mg (10.75%), Fiber: 2.56g (10.26%), Vitamin B5: 0.96mg (9.63%), Vitamin E: 1.36mg (9.07%), Magnesium: 33.36mg (8.34%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.44µg (7.36%), Iron: 1.12mg (6.25%), Vitamin B3: 1.16mg (5.79%), Copper: 0.07mg (3.4%)