



HEALTH SCORE

75%

Broccoli With Dijon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 2.3 pounds broccoli fresh
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.5 teaspoon mustard dry
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup green onions finely chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons water

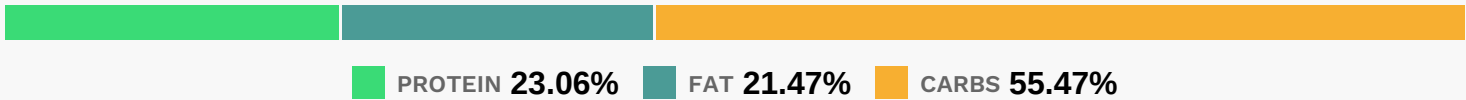
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Remove broccoli leaves, and cut off tough ends of stalks; discard. Wash broccoli, and cut into spears. Arrange broccoli in a steamer basket over boiling water. Cover and steam 6 minutes or until crisp-tender.
- ☐ Place in a serving bowl; keep warm.
- ☐ Heat oil in a small saucepan over medium heat.
- ☐ Add green onions and next 3 ingredients, and saut 3 minutes.
- ☐ Remove from heat; add vinegar and remaining 4 ingredients, stirring with a wire whisk until blended.
- ☐ Drizzle over broccoli, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:16.113913121431%

Flavonoids

Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 10.05mg, Kaempferol: 10.05mg, Kaempferol: 10.05mg, Kaempferol: 10.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 57.91kcal (2.9%), Fat: 1.6g (2.47%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 5.78g (2.1%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 100.36mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin C: 114.83mg (139.19%), Vitamin K: 137.35µg (130.81%), Folate: 83.09µg (20.77%), Vitamin A: 833IU (16.66%), Manganese: 0.32mg (16.12%), Fiber: 3.54g (14.17%), Vitamin B6: 0.24mg (12.2%), Potassium: 426.09mg (12.17%), Vitamin B2: 0.16mg (9.2%), Phosphorus: 90.93mg (9.09%), Vitamin E: 1.17mg (7.8%), Vitamin B5: 0.75mg (7.48%), Magnesium: 29.79mg (7.45%), Calcium: 67.83mg (6.78%), Vitamin B1: 0.1mg (6.63%), Iron: 1.11mg (6.15%), Selenium: 4.27µg (6.11%), Vitamin B3: 0.87mg (4.34%), Zinc: 0.58mg (3.83%), Copper: 0.07mg (3.67%)