

Broccoli with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli florets
- ☐ 3 tablespoons garlic cloves minced
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon rice vinegar
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ frying pan

Directions

- ☐ Steam broccoli, covered, 4 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add the jalapeo and garlic, and saut 2 minutes.
- ☐ Remove from heat.
- ☐ Add the broccoli, lemon juice, and vinegar, and toss well.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:15.66956524227%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 59.71kcal (2.99%), Fat: 1.59g (2.45%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 6.78g (2.47%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 38.63mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin C: 107.44mg (130.23%), Vitamin K: 118.3µg (112.67%), Folate: 73.05µg (18.26%), Manganese: 0.34mg (17.18%), Vitamin A: 734.19IU (14.68%), Vitamin B6: 0.28mg (14.25%), Fiber: 3.16g (12.62%), Potassium: 392.54mg (11.22%), Phosphorus: 85.13mg (8.51%), Vitamin B2: 0.14mg (8.33%), Vitamin E: 1.08mg (7.18%), Vitamin B5: 0.7mg (6.98%), Magnesium: 25.95mg (6.49%), Calcium: 64.92mg (6.49%), Vitamin B1: 0.09mg (6.29%), Selenium: 3.72µg (5.32%), Iron: 0.94mg (5.22%), Vitamin B3: 0.8mg (4.01%), Copper: 0.08mg (3.77%), Zinc: 0.54mg (3.6%)