



Broccoli With Garlic And Lemon Pepper Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli fresh
- ☐ 1 tablespoon dijon mustard
- ☐ 2 to 3 garlic cloves minced
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons butter light
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

☐ 1.5 tablespoons white wine worcestershire sauce

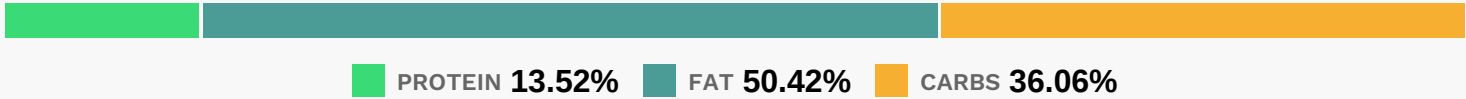
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam broccoli, covered, 7 minutes or until crisp-tender.
- ☐ Transfer to a serving bowl, and keep warm.
- ☐ Melt butter in a large nonstick skillet over medium-high heat; add garlic. Cook garlic, stirring constantly, 1 minute or until golden.
- ☐ Add lemon juice and remaining 5 ingredients; bring to a boil.
- ☐ Pour over broccoli; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:15.992608637266%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 103.03kcal (5.15%), Fat: 6.38g (9.81%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 7.06g (2.57%), Sugar: 2.92g (3.25%), Cholesterol: 11.13mg (3.71%), Sodium: 313.05mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin C: 106.82mg (129.48%), Vitamin K: 116.38µg (110.84%), Folate: 74.63µg (18.66%), Vitamin A: 911.8IU (18.24%), Manganese: 0.28mg (14.08%), Fiber: 3.2g (12.79%), Potassium: 441.27mg (12.61%), Vitamin B6: 0.23mg (11.36%), Vitamin B2: 0.15mg (9.1%), Phosphorus:

89.67mg (8.97%), Iron: 1.39mg (7.7%), Vitamin E: 1.11mg (7.4%), Calcium: 71.8mg (7.18%), Magnesium: 28.31mg (7.08%), Vitamin B5: 0.69mg (6.85%), Vitamin B1: 0.1mg (6.6%), Selenium: 4.48µg (6.41%), Vitamin B3: 0.82mg (4.1%), Copper: 0.08mg (4.06%), Zinc: 0.56mg (3.71%)