



Broccoli with Garlic and Soy Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 4 stalks broccoli cut into florets (8 cups of florets)
- ☐ 16 cloves garlic peeled
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup olive oil good
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons soya sauce

Equipment

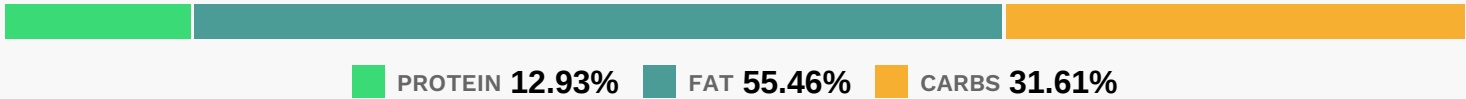
- ☐ bowl

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the garlic cloves and oil in a small heavy-bottomed saucepan. Bring to a boil and cook uncovered over low heat for 10 to 15 minutes, until the garlic is browned and tender. Turn off the heat and add the red pepper flakes and 1/2 teaspoon salt. Immediately pour into a heat-proof container to stop the cooking. Allow to cool to room temperature.
- ☐ For the salad, blanch the broccoli florets in a large pot of boiling salted water for 2 to 3 minutes, until crisp-tender.
- ☐ Drain well and immerse immediately into a large bowl of ice water until the broccoli is cooled. This process stops the cooking and sets the bright green color.
- ☐ Drain well.
- ☐ In a large bowl, toss the broccoli with 1/2 teaspoon salt, 1/4 cup of the oil used to cook the garlic, the soy sauce, and 8 or more cloves of cooked garlic. Taste for seasonings and serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:12.426087058109%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 85.75kcal (4.29%), Fat: 5.75g (8.85%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 572.2mg (24.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin C: 69.22mg (83.9%), Vitamin K: 80.63µg (76.79%), Manganese: 0.29mg (14.32%), Folate: 48.63µg (12.16%), Vitamin B6: 0.22mg (11.04%), Vitamin A: 545.03IU (10.9%), Vitamin E: 1.47mg (9.78%), Fiber: 2.21g (8.85%), Potassium: 277.17mg (7.92%), Phosphorus: 65.61mg (6.56%),

Vitamin B2: 0.1mg (6.13%), Vitamin B5: 0.49mg (4.88%), Magnesium: 19.53mg (4.88%), Calcium: 48.3mg (4.83%),
Iron: 0.84mg (4.65%), Vitamin B1: 0.07mg (4.59%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.73mg (3.66%), Copper:
0.06mg (3.19%), Zinc: 0.41mg (2.73%)