



## Broccoli with Garlic Butter and Cashews

 Vegetarian  Gluten Free  Popular

READY IN



20 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

### Ingredients

- 1.5 pounds broccoli fresh cut into bite size pieces
- 1 tablespoon brown sugar
- 0.3 cup butter
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 0.3 cup cashew pieces salted chopped
- 3 tablespoons soya sauce
- 2 teaspoons vinegar white

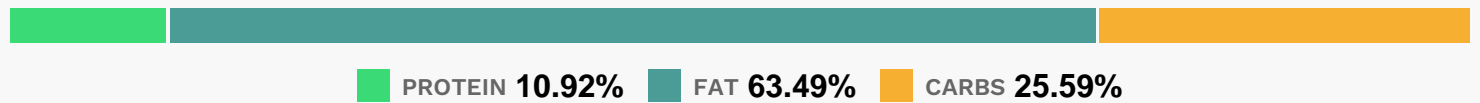
## Equipment

- frying pan
- pot

## Directions

- Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp.
- Drain, and arrange broccoli on a serving platter.
- While the broccoli is cooking, melt the butter in a small skillet over medium heat.
- Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat.
- Mix in the cashews, and pour the sauce over the broccoli.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:34.83, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:17.418260963067%

## Flavonoids

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: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 187.66kcal (9.38%), Fat: 14.19g (21.83%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 9.58g (3.48%), Sugar: 4.42g (4.91%), Cholesterol: 27.11mg (9.04%), Sodium: 670.74mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 101.46mg (122.99%), Vitamin K: 119.34µg (113.66%), Vitamin A: 1022.17IU (20.44%), Folate: 78.75µg (19.69%), Manganese: 0.38mg (18.77%), Fiber: 3.29g (13.16%), Phosphorus: 128.67mg (12.87%), Vitamin B6: 0.25mg (12.49%), Potassium: 431.26mg (12.32%), Copper: 0.24mg (12.09%), Magnesium: 48.04mg (12.01%), Vitamin B2: 0.17mg (9.83%), Iron: 1.54mg (8.56%), Vitamin E: 1.25mg (8.33%), Vitamin B5: 0.8mg (8%), Vitamin B1: 0.1mg (6.92%), Calcium: 65.49mg (6.55%), Zinc:

0.95mg (6.36%), Vitamin B3: 1.2mg (6.01%), Selenium: 4.1µg (5.86%)