



## Broccoli with garlic & chilli breadcrumbs

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

### Ingredients

- ☐ 500 g broccoli
- ☐ 2 tbsp olive oil
- ☐ 1 knob butter
- ☐ 2 small garlic clove finely chopped
- ☐ 1 small to 5 chillies red deseeded finely chopped
- ☐ 50 g breadcrumbs white

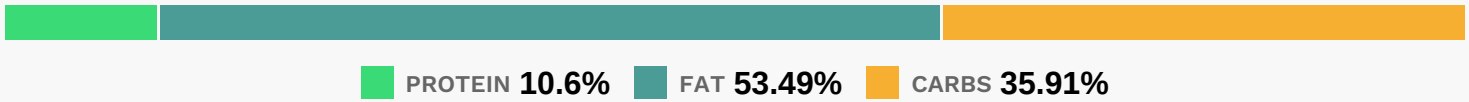
### Equipment

- ☐ frying pan

# Directions

- ☐
- Steam the broccoli for 5 mins until tender. Meanwhile, heat the oil and butter in a pan, then fry the garlic and chilli for 1 min.
- ☐
- Add the breadcrumbs, then fry for 5 mins until crisp. Season the broccoli, arrange in a dish, then scatter over the spicy breadcrumbs and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:18.594347699829%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 198.13kcal (9.91%), Fat: 12.44g (19.14%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 14.78g (5.37%), Sugar: 3.51g (3.9%), Cholesterol: 11.29mg (3.76%), Sodium: 167.91mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.09%), Vitamin C: 128.13mg (155.31%), Vitamin K: 134.51µg (128.1%), Folate: 94.92µg (23.73%), Manganese: 0.42mg (21.17%), Vitamin A: 1017.18IU (20.34%), Fiber: 4.01g (16.05%), Vitamin B6: 0.31mg (15.48%), Vitamin B1: 0.22mg (14.73%), Vitamin E: 2.19mg (14.62%), Potassium: 463.07mg (13.23%), Vitamin B2: 0.21mg (12.34%), Phosphorus: 111.52mg (11.15%), Iron: 1.7mg (9.43%), Selenium: 6.6µg (9.42%), Vitamin B3: 1.78mg (8.9%), Calcium: 87.25mg (8.72%), Magnesium: 34.69mg (8.67%), Vitamin B5: 0.82mg (8.23%), Copper: 0.11mg (5.61%), Zinc: 0.75mg (4.97%)