



Broccoli with Garlic-Herb Butter



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups broccoli florets
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons butter light
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

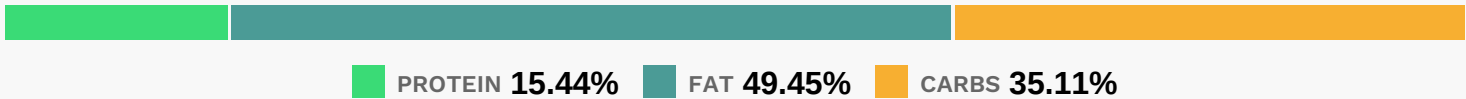
Equipment

- ☐ bowl
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Place butter in a small microwave-safe dish. Microwave at HIGH 15 seconds or until melted. Stir in parsley and garlic.
- ☐ Place broccoli florets in a large microwave-safe bowl.
- ☐ Add 2 tablespoons water, and cover with wax paper. Microwave at HIGH 4 minutes or until crisp-tender.
- ☐ Drain well.
- ☐ Add butter mixture, salt, and pepper; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:14.328695685967%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 69.14kcal (3.46%), Fat: 4.22g (6.49%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 4.25g (1.55%), Sugar: 1.58g (1.76%), Cholesterol: 7.42mg (2.47%), Sodium: 179.67mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Vitamin K: 126.19µg (120.18%), Vitamin C: 84.3mg (102.18%), Vitamin A: 855.09IU (17.1%), Folate: 60.51µg (15.13%), Manganese: 0.24mg (11.78%), Fiber: 2.5g (9.98%), Vitamin B6: 0.18mg (9.04%), Potassium: 311.32mg (8.89%), Vitamin B2: 0.12mg (6.78%), Phosphorus: 66.09mg (6.61%), Vitamin E: 0.84mg (5.59%), Vitamin B5: 0.54mg (5.4%), Magnesium: 21.13mg (5.28%), Calcium: 52.47mg (5.25%), Iron: 0.9mg (5.02%), Vitamin B1: 0.07mg (4.68%), Selenium: 2.57µg (3.67%), Vitamin B3: 0.62mg (3.11%), Zinc: 0.43mg (2.88%), Copper: 0.05mg (2.75%)