

# Broccoli with Ginger-Orange Butter

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

## Ingredients

- 1 pound broccoli fresh cut into spears
- 1 tablespoon butter
- 0.5 teaspoon apple cider vinegar
- 0.1 teaspoon ground ginger
- 2 tablespoons orange marmalade

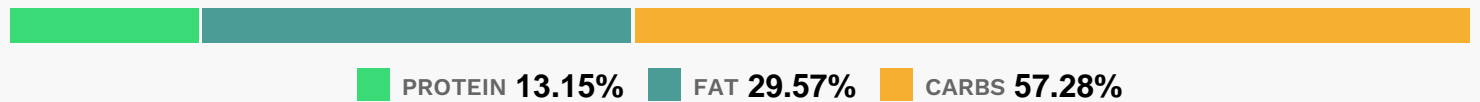
## Equipment

- sauce pan

## Directions

- In a large saucepan, bring 1 in. of water and broccoli to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp–tender.
- Meanwhile, in a small saucepan, combine the marmalade, butter, vinegar and ginger. Cook until marmalade and butter are melted.
- Drain broccoli; drizzle with butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:20.33, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:10.971738828589%

## Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 59.06kcal (2.95%), Fat: 2.17g (3.34%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.29g (5.88%), Cholesterol: 5.02mg (1.67%), Sodium: 43.72mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin C: 67.75mg (82.13%), Vitamin K: 77.27µg (73.59%), Folate: 48.3µg (12.08%), Vitamin A: 533.44IU (10.67%), Manganese: 0.17mg (8.75%), Fiber: 2.02g (8.07%), Potassium: 242.77mg (6.94%), Vitamin B6: 0.13mg (6.69%), Vitamin B2: 0.09mg (5.35%), Phosphorus: 50.83mg (5.08%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.65mg (4.32%), Magnesium: 16.17mg (4.04%), Calcium: 38.7mg (3.87%), Vitamin B1: 0.05mg (3.61%), Iron: 0.57mg (3.17%), Selenium: 1.98µg (2.82%), Vitamin B3: 0.49mg (2.46%), Copper: 0.04mg (2.16%), Zinc: 0.32mg (2.11%)