



Broccoli With Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



4

CALORIES



187 kcal

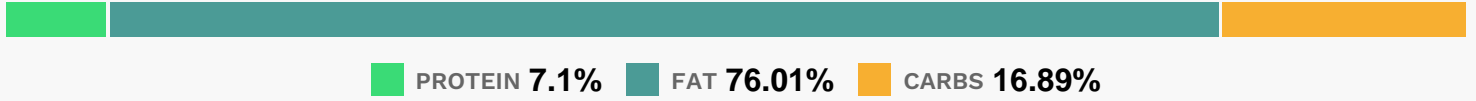
SIDE DISH

Ingredients

- 1 lb broccoli trimmed
- 2 tablespoons butter melted
- 0.3 teaspoon ground mustard dry
- 1 tablespoon horseradish prepared
- 0.3 cup mayonnaise
- 1 tablespoon onion grated
- 1 pinch pepper red crushed
- 0.3 teaspoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:15.47%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 187.45kcal (9.37%), Fat: 16.65g (25.61%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 5.18g (1.88%), Sugar: 2.43g (2.7%), Cholesterol: 20.93mg (6.98%), Sodium: 332.95mg (14.48%), Protein: 3.5g (7%), Vitamin K: 139.07µg (132.45%), Vitamin C: 102.28mg (123.97%), Folate: 75.17µg (18.79%), Vitamin A: 898.08IU (17.96%), Fiber: 3.14g (12.55%), Manganese: 0.25mg (12.55%), Potassium: 377.13mg (10.78%), Vitamin B6: 0.21mg (10.33%), Vitamin E: 1.52mg (10.15%), Phosphorus: 82.46mg (8.25%), Vitamin B2: 0.14mg (8.23%), Vitamin B5: 0.69mg (6.89%), Magnesium: 25.86mg (6.46%), Calcium: 59.28mg (5.93%), Vitamin B1: 0.08mg (5.65%), Selenium: 3.61µg (5.16%), Iron: 0.9mg (4.98%), Vitamin B3: 0.75mg (3.77%), Zinc: 0.54mg (3.58%), Copper: 0.06mg (3.13%)