



Broccoli with Lean Feta Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 4 cups broccoli flowerets
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.5 teaspoon dillweed dried whole
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons onion minced
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups evaporated skimmed milk

☐ 2 tablespoons water

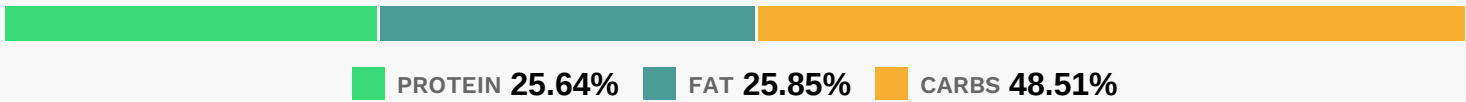
Equipment

☐ sauce pan

Directions

- ☐ Coat a saucepan with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; saute 3 minutes or until tender. Gradually stir in milk, and cook 5 minutes (do not boil).
- ☐ Combine cornstarch and water, stirring until smooth; stir into warm milk mixture. Cook, stirring constantly, until slightly thickened. Stir in cheese and salt. Cook, stirring constantly, until thoroughly heated.
- ☐ Remove from heat, and stir in lemon juice and dillweed. Cover and keep warm.
- ☐ Arrange broccoli in a vegetable steamer over boiling water. Cover and steam 5 minutes or until crisp-tender.
- ☐ Transfer broccoli to a serving dish. Spoon sauce evenly over broccoli.
- ☐ Garnish with lemon zest, if desired.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:17.82391312848%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 114.12kcal (5.71%), Fat: 3.48g (5.35%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 12.24g (4.45%), Sugar: 6.54g (7.26%), Cholesterol: 15.37mg (5.12%), Sodium: 302.15mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin C: 81.83mg (99.19%), Vitamin K: 90.04µg (85.75%), Calcium: 236.68mg (23.67%), Phosphorus: 207.27mg (20.73%), Vitamin B2: 0.35mg (20.34%), Vitamin A: 803.34IU (16.07%), Folate: 64.26µg (16.07%), Vitamin B6: 0.28mg (13.95%), Potassium: 459.56mg (13.13%), Vitamin B12: 0.77µg (12.87%), Manganese: 0.21mg (10.28%), Vitamin B5: 0.99mg (9.85%), Fiber: 2.44g (9.76%), Vitamin B1: 0.14mg (9.36%), Selenium: 6.28µg (8.97%), Magnesium: 33.88mg (8.47%), Zinc: 1.2mg (8.01%), Vitamin D: 1.07µg (7.12%), Vitamin E: 0.72mg (4.83%), Iron: 0.83mg (4.59%), Vitamin B3: 0.83mg (4.14%), Copper: 0.06mg (2.8%)