



Broccoli With Lemon Almond Butter

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- 0.3 cup blanched slivered almonds
- 1 head broccoli fresh cut into florets
- 0.3 cup butter melted
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest

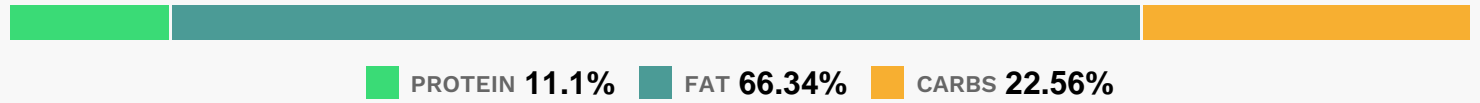
Equipment

- sauce pan

Directions

- Steam or boil broccoli until tender, approximately 4 to 8 minutes.
- Drain.
- In a small saucepan, melt butter over medium low heat.
- Remove from heat. Stir in lemon juice, lemon zest, and almonds.
- Pour over hot broccoli, and serve.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:19.21347827108%

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: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 195.11kcal (9.76%), Fat: 15.63g (24.05%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.11g (3.46%), Cholesterol: 30.5mg (10.17%), Sodium: 142.77mg (6.21%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.89g (11.77%), Vitamin C: 139.13mg (168.64%), Vitamin K: 156.03µg (148.6%), Vitamin A: 1302.68IU (26.05%), Folate: 101.06µg (25.26%), Manganese: 0.44mg (22.2%), Vitamin E: 3.13mg (20.87%), Fiber: 4.7g (18.78%), Potassium: 536.73mg (15.34%), Vitamin B6: 0.28mg (13.92%), Phosphorus: 136.85mg (13.69%), Vitamin B2: 0.23mg (13.66%), Magnesium: 50.82mg (12.7%), Vitamin B5: 0.92mg (9.19%), Calcium: 91.89mg (9.19%), Vitamin B1: 0.12mg (8.24%), Iron: 1.34mg (7.47%), Copper: 0.15mg (7.27%), Vitamin B3: 1.22mg (6.11%), Selenium: 4.17µg (5.96%), Zinc: 0.84mg (5.61%)