



Broccoli with Lemon Crumbs

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 2 slices bread whole-wheat
- ☐ 1 large bunch broccoli cut into florets
- ☐ 24 ounce broccoli florets
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 optional: lemon

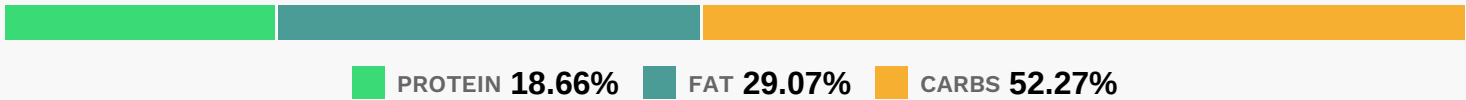
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Whirl the bread in a food processor or blender to make bread crumbs. Melt the butter in a small skillet.
- ☐ Add the bread crumbs and saut over medium heat until toasted. Grate the zest from the lemon.
- ☐ Cut the lemon in half and squeeze the juice from one half into the pan.
- ☐ Add the salt and several grinds of black pepper and cook, stirring constantly, until dry. (The Lemon Crumbs can be made to this point up to 2 days ahead. Spoon into a plastic bag and set aside at room temperature.)
- ☐ Microwave the broccoli according to the package directions. (If using fresh broccoli, pile the florets on a microwave-safe plate and sprinkle with a few tablespoons of water. Cover with plastic wrap and microwave 3 to 5 minutes or until crisp-tender.)
- ☐ Remove and sprinkle with the Lemon Crumbs.
- ☐ Time-saver: Cook the broccoli florets right in their microwavable bag. No waiting for water to boil. And, again, no extra pot to clean.

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:3.29, Inflammation Score:-8, Nutrition Score:16.603478258719%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 10.1mg, Kaempferol: 10.1mg, Kaempferol: 10.1mg, Kaempferol: 10.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 82.61kcal (4.13%), Fat: 3.04g (4.67%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 8.39g (3.05%), Sugar: 2.78g (3.09%), Cholesterol: 6.02mg (2.01%), Sodium: 203.52mg (8.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin C: 120.66mg (146.25%), Vitamin K: 132.05µg (125.76%), Folate: 87.22µg (21.8%), Manganese: 0.35mg (17.68%), Vitamin A: 875.67IU (17.51%), Fiber: 3.9g (15.61%), Potassium: 431.96mg (12.34%), Vitamin B6: 0.24mg (12.03%), Vitamin B2: 0.17mg (9.89%), Phosphorus: 94.82mg (9.48%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.12mg (7.94%), Magnesium: 30.45mg (7.61%), Vitamin E: 1.1mg (7.32%), Calcium: 71.55mg (7.15%), Selenium: 4.91µg (7.01%), Iron: 1.22mg (6.77%), Vitamin B3: 1.15mg (5.75%), Zinc: 0.6mg (3.98%), Copper: 0.08mg (3.84%)