



## Broccoli with Orange-Chile Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

### Ingredients

- 3 pound broccoli--stalks peeled cut lengthwise into large pieces
- 0.8 teaspoon pepper red crushed
- 1 teaspoon ginger fresh minced
- 4 garlic cloves thinly sliced
- 0.5 cup orange juice fresh
- 2 teaspoons orange zest finely grated
- 6 servings salt and pepper freshly ground
- 1 teaspoon asian sesame oil

0.3 cup vegetable oil

## Equipment

bowl

sauce pan

## Directions

In a heatproof bowl, combine the orange zest and sesame oil. In a saucepan, heat the vegetable oil over moderate heat.

Add the garlic and cook, stirring, until golden, about 3 minutes.

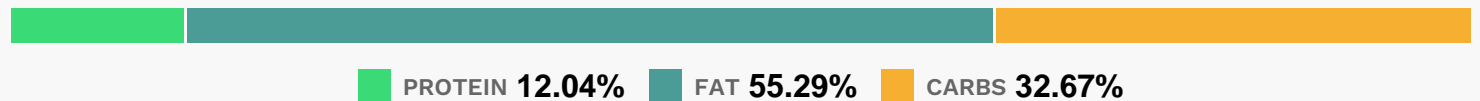
Add the ginger, crushed red pepper and five-spice powder and cook until fragrant, about 1 minute. Stir in the orange juice and boil over moderately high heat until reduced by half, about 4 minutes. Stir the orange juice mixture into the zest and season with salt and pepper.

In a saucepan, steam the broccoli until just tender, about 8 minutes.

Transfer the steamed broccoli to a warmed platter, spoon the orange-chile oil on top and serve.

Make Ahead: The orange-chile oil can be refrigerated for 3 days.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:4.22, Inflammation Score:-9, Nutrition Score:21.880869637365%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg, Kaempferol: 17.79mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

## Nutrients (% of daily need)

Calories: 203.96kcal (10.2%), Fat: 13.71g (21.09%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 12.08g (4.39%), Sugar: 5.64g (6.26%), Cholesterol: 0mg (0%), Sodium: 273.34mg (11.88%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin C: 214.18mg (259.62%), Vitamin K: 254.01µg (241.92%), Folate: 149.45µg (37.36%), Vitamin A: 1531.38IU (30.63%), Manganese: 0.52mg (25.91%), Fiber: 6.14g (24.58%), Potassium: 773.74mg (22.11%), Vitamin B6: 0.44mg (21.85%), Vitamin E: 2.88mg (19.18%), Vitamin B2: 0.28mg (16.28%), Phosphorus: 157.26mg (15.73%), Vitamin B5: 1.36mg (13.57%), Magnesium: 51.07mg (12.77%), Vitamin B1: 0.19mg (12.34%), Calcium: 114.56mg (11.46%), Iron: 1.79mg (9.92%), Selenium: 6.04µg (8.62%), Vitamin B3: 1.58mg (7.92%), Zinc: 0.98mg (6.52%), Copper: 0.13mg (6.51%)