



WHATSheATE



Broccoli with Orange-Chipotle Butter



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 24 oz broccoli florets fresh
- ☐ 0.3 cup butter softened
- ☐ 1 teaspoon chipotles in adobo finely chopped (from 7-oz can)
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 teaspoon salt

Equipment

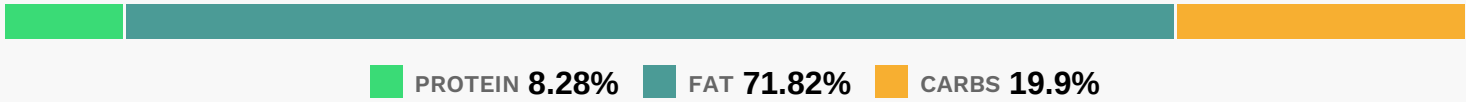
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450F. In ungreased 17x12-inch half-sheet pan, toss broccoli and oil until broccoli is well coated. Arrange broccoli in single layer in pan.
- ☐ Roast uncovered 15 to 17 minutes or until crisp-tender.
- ☐ In serving bowl, mix butter, orange peel, chipotle chile and salt until blended.
- ☐ Add roasted broccoli; toss to coat.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:15.405652249637%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 149.02kcal (7.45%), Fat: 12.7g (19.54%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 4.82g (1.75%), Sugar: 1.98g (2.2%), Cholesterol: 0mg (0%), Sodium: 320.53mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin C: 102.08mg (123.73%), Vitamin K: 118.48µg (112.83%), Vitamin A: 1047.64IU (20.95%), Folate: 71.74µg (17.93%), Fiber: 3.1g (12.41%), Vitamin E: 1.85mg (12.34%), Manganese: 0.24mg (11.93%), Potassium: 363.81mg (10.39%), Vitamin B6: 0.2mg (10.02%), Vitamin B2: 0.14mg (8.05%), Phosphorus: 77.16mg (7.72%), Vitamin B5: 0.66mg (6.61%), Magnesium: 24.25mg (6.06%), Calcium: 57.37mg (5.74%), Vitamin B1: 0.08mg (5.48%), Iron: 0.88mg (4.89%), Selenium: 2.84µg (4.06%), Vitamin B3: 0.73mg (3.66%), Zinc: 0.47mg (3.11%), Copper: 0.06mg (2.82%)