



HEALTH SCORE

57%

Broccoli with Orange Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli fresh
- ☐ 4.5 teaspoons sugar
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon chicken soup base
- ☐ 0.3 cup water
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 1 medium navel oranges thinly sliced

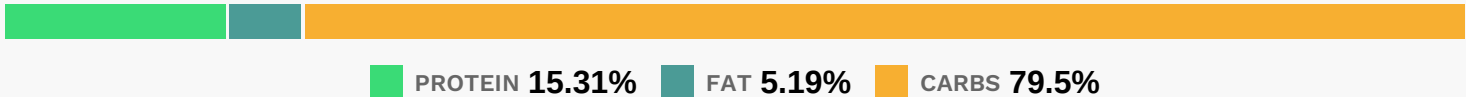
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place broccoli and a small amount of water in a saucepan; bring to a boil. Reduce heat; cover and cook for 5–8 minutes or until crisp–tender. Meanwhile, in a small saucepan, combine the sugar, cornstarch and bouillon. Stir in water, orange juice and zest until blended. Bring to a boil; cook and stir for 2 minutes until thickened.
- ☐ Drain broccoli and place in a serving bowl.
- ☐ Garnish with orange slices and drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:25.68, Glycemic Load:3.62, Inflammation Score:-7, Nutrition Score:12.377391172897%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 6.34mg, Hesperetin: 6.34mg, Hesperetin: 6.34mg, Hesperetin: 6.34mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 56.65kcal (2.83%), Fat: 0.37g (0.57%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 10.19g (3.71%), Sugar: 7.16g (7.95%), Cholesterol: 0.02mg (0.01%), Sodium: 65.67mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 86.85mg (105.27%), Vitamin K: 77.12µg (73.45%), Folate: 58.81µg (14.7%), Vitamin A: 550.68IU (11.01%), Fiber: 2.54g (10.16%), Potassium: 299.59mg (8.56%), Manganese: 0.17mg (8.38%), Vitamin B6: 0.16mg (7.78%), Vitamin B2: 0.1mg (6.18%), Phosphorus: 57.45mg (5.75%), Vitamin B1: 0.08mg (5.29%), Vitamin B5: 0.52mg (5.16%), Magnesium: 19.86mg (4.97%), Calcium: 47.89mg (4.79%), Vitamin E: 0.63mg (4.2%), Iron: 0.61mg (3.4%), Vitamin B3: 0.63mg (3.15%), Selenium: 1.99µg (2.84%), Copper: 0.05mg (2.66%), Zinc: 0.34mg (2.24%)