

 **19%**
HEALTH SCORE

Broccoli with Orange Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- 3 pounds broccoli fresh cut into spears
- 4.5 teaspoons butter
- 0.3 cup mandarin oranges canned
- 0.3 teaspoon tarragon dried
- 4.5 teaspoons flour all-purpose
- 0.3 cup orange juice
- 0.5 teaspoon orange zest grated
- 0.3 cup yogurt plain

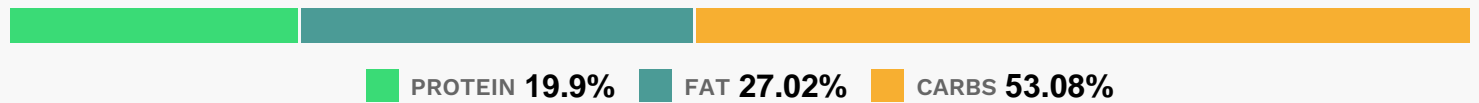
Equipment

- sauce pan
- whisk

Directions

- Place broccoli in a large saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and cook for 5–8 minutes or until crisp–tender.
- Meanwhile, in a small saucepan, melt butter.
- Whisk in flour until smooth. Gradually stir in orange juice.
- Add the orange peel, mandarin oranges and tarragon. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; stir in yogurt.
- Drain broccoli; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:18.701304363492%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 96.27kcal (4.81%), Fat: 3.28g (5.05%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 9.92g (3.61%), Sugar: 4.89g (5.43%), Cholesterol: 7.37mg (2.46%), Sodium: 79.47mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 159.82mg (193.72%), Vitamin K: 173.73µg (165.46%), Folate: 113.72µg (28.43%), Vitamin A: 1267.23IU (25.34%), Manganese: 0.37mg (18.59%), Fiber: 4.59g (18.34%), Potassium: 588.74mg (16.82%), Vitamin B6: 0.31mg (15.54%), Vitamin B2: 0.23mg (13.32%),

Phosphorus: 126.7mg (12.67%), Vitamin B5: 1.04mg (10.43%), Vitamin B1: 0.15mg (9.95%), Magnesium: 39.5mg (9.87%), Calcium: 96.14mg (9.61%), Vitamin E: 1.42mg (9.43%), Iron: 1.36mg (7.57%), Selenium: 4.93µg (7.05%), Vitamin B3: 1.25mg (6.23%), Zinc: 0.82mg (5.45%), Copper: 0.09mg (4.71%)