



Broccoli with Pancetta and Lemon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



16

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 48 ounce broccoli florets
- 6 tablespoons butter divided
- 4 garlic cloves minced
- 2 tablespoons lemon zest grated
- 0.3 pound pancetta chopped
- 1 teaspoon salt

Equipment

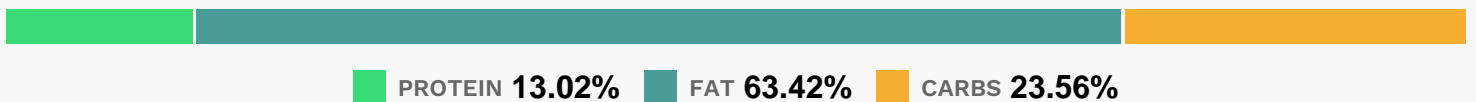
- bowl

- frying pan
- ziploc bags
- dutch oven

Directions

- Bring several quarts of water to a boil in a large Dutch oven.
- Add broccoli florets, and simmer 2 minutes or until crisp-tender. (Cook in batches, if necessary.)
- Drain and plunge broccoli into a bowl of ice water to stop cooking process.
- Drain and pat dry.
- Melt 3 tablespoons butter in a large skillet over medium-high heat.
- Add half of pancetta and half of garlic; saut 2 to 3 minutes or until lightly browned.
- Add half of broccoli florets, and saut 2 to 3 minutes until thoroughly heated.
- Add 1 tablespoon lemon zest and 1/2 teaspoon salt; toss well.
- Transfer to a large bowl; cover and keep warm. Repeat procedure with remaining 3 tablespoons butter and remaining half of ingredients.
- Serve warm or at room temperature.
- Make Ahead: Cook broccoli and pat dry a day ahead; store in zip-top plastic bags in refrigerator.
- Note: Find pancetta in the deli meat department of large supermarkets. Regular bacon makes a fine substitute in this recipe.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:12.973478001097%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin:

0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 97.69kcal (4.88%), Fat: 7.36g (11.32%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.48g (1.65%), Cholesterol: 4.68mg (1.56%), Sodium: 270.01mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin C: 77.08mg (93.42%), Vitamin K: 86.76µg (82.63%), Vitamin A: 720.71IU (14.41%), Folate: 53.75µg (13.44%), Manganese: 0.19mg (9.61%), Fiber: 2.31g (9.23%), Vitamin B6: 0.18mg (8.94%), Potassium: 289.23mg (8.26%), Phosphorus: 68.78mg (6.88%), Vitamin B2: 0.11mg (6.39%), Vitamin E: 0.86mg (5.73%), Vitamin B1: 0.08mg (5.49%), Vitamin B5: 0.54mg (5.38%), Selenium: 3.66µg (5.23%), Magnesium: 19.17mg (4.79%), Calcium: 44.35mg (4.44%), Vitamin B3: 0.84mg (4.19%), Iron: 0.67mg (3.72%), Zinc: 0.44mg (2.96%), Copper: 0.05mg (2.38%)