



Broccoli with Pecan Brown Butter



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds broccoli cut into florets
- ☐ 3 cloves garlic chopped
- ☐ 10 servings kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 stick butter salted

☐ 2 shallots chopped

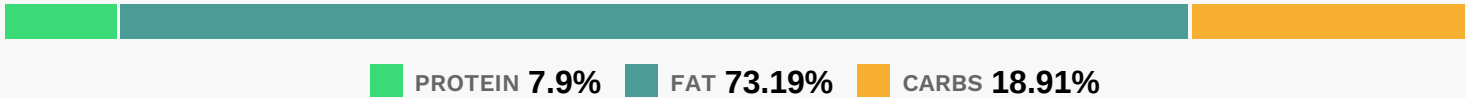
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Bring a large pot of salted water to a boil over medium heat and add the broccoli. Blanch until tender-crisp and bright green, about 3 minutes.
- ☐ Drain well and set aside.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the shallots, garlic, and pecans, and saute until the shallots and garlic are tender, about 3 to 4 minutes. Season with salt and pepper, to taste. Keep stirring until the butter begins to brown, another 3 minutes.
- ☐ Add the red pepper flakes and the broccoli. Using tongs, toss the broccoli with the butter and pecans. Cook, while tossing, until the broccoli is heated through, about 5 to 6 more minutes.
- ☐ Remove from heat and transfer to a serving bowl.
- ☐ Sprinkle with the lemon juice and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:15.460000030372%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate:

0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg
Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin:
0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,
Naringenin: 0.02mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.11mg,
Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin:
0.07mg, Myricetin: 0.07mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 163.28kcal (8.16%), Fat: 14.28g (21.97%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 8.3g (2.77%), Net
Carbohydrates: 5.07g (1.84%), Sugar: 2.26g (2.51%), Cholesterol: 24.3mg (8.1%), Sodium: 298.81mg (12.99%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin C: 82.26mg (99.7%), Vitamin K: 93.88µg
(89.41%), Manganese: 0.53mg (26.61%), Vitamin A: 881.83IU (17.64%), Folate: 61.02µg (15.25%), Fiber: 3.24g
(12.94%), Vitamin B6: 0.2mg (10.22%), Potassium: 341.62mg (9.76%), Phosphorus: 85.82mg (8.58%), Vitamin B1:
0.11mg (7.6%), Vitamin E: 1.11mg (7.38%), Magnesium: 28.95mg (7.24%), Vitamin B2: 0.12mg (7.17%), Copper: 0.13mg
(6.67%), Vitamin B5: 0.61mg (6.13%), Calcium: 54.43mg (5.44%), Iron: 0.94mg (5.2%), Zinc: 0.72mg (4.79%),
Selenium: 2.85µg (4.07%), Vitamin B3: 0.69mg (3.46%)