



Broccoli with Pine Nuts (Cooking for 2)

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



2

CALORIES



489 kcal

SIDE DISH

Ingredients

- 0.8 pound broccoli cut into spears
- 0.3 cup butter
- 0.5 cup pinenuts

Equipment

- frying pan
- sauce pan

Directions

- Heat 1 cup water to boiling in 2–quart saucepan; add broccoli. Cook about 10 minutes or until stems are crisp–tender; drain.
- Melt butter in 8–inch skillet. Cook pine nuts in butter over medium heat about 5 minutes, stirring frequently, until golden brown. Stir pine nuts into broccoli.

Nutrition Facts

PROTEIN 7.42% **FAT 80.33%** **CARBS 12.25%**

Properties

Glycemic Index:16, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:28.94739141542%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 488.99kcal (24.45%), Fat: 46.56g (71.62%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 10.3g (3.75%), Sugar: 4.1g (4.56%), Cholesterol: 0mg (0%), Sodium: 324.38mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.35%), Vitamin C: 152.05mg (184.31%), Vitamin K: 191.69µg (182.56%), Manganese: 3.33mg (166.39%), Vitamin A: 2084.47IU (41.69%), Vitamin E: 5.36mg (35.7%), Phosphorus: 312.85mg (31.29%), Magnesium: 121.28mg (30.32%), Folate: 118.92µg (29.73%), Copper: 0.53mg (26.44%), Fiber: 5.67g (22.69%), Potassium: 750.91mg (21.45%), Zinc: 2.87mg (19.16%), Iron: 3.11mg (17.27%), Vitamin B2: 0.29mg (16.83%), Vitamin B6: 0.33mg (16.6%), Vitamin B1: 0.25mg (16.43%), Vitamin B3: 2.58mg (12.88%), Vitamin B5: 1.1mg (11.04%), Calcium: 93.86mg (9.39%), Selenium: 4.49µg (6.41%)