



Broccoli with Poppy Seed Butter and Parmesan Cheese



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

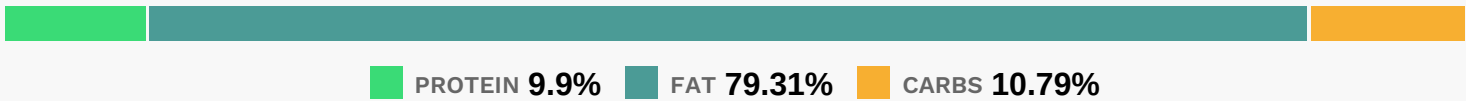
- ☐ 2 cups broccoli florets fresh
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon poppy seeds
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup butter unsalted melted

Equipment

Directions

- ☐
- Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 6 minutes; drain. Meanwhile, stir together the melted butter, poppy seeds, paprika, salt, and pepper. Toss the broccoli with the butter sauce.
- ☐
- Sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:8.7647826205129%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 156.71kcal (7.84%), Fat: 14.33g (22.05%), Saturated Fat: 8.67g (54.18%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.01g (1.09%), Sugar: 0.82g (0.91%), Cholesterol: 37.75mg (12.58%), Sodium: 235.34mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin C: 40.59mg (49.2%), Vitamin K: 47.8µg (45.52%), Vitamin A: 741.56IU (14.83%), Calcium: 109.98mg (11%), Phosphorus: 93.19mg (9.32%), Manganese: 0.17mg (8.53%), Folate: 30.26µg (7.56%), Selenium: 4.31µg (6.15%), Fiber: 1.38g (5.53%), Vitamin B2: 0.09mg (5.21%), Vitamin E: 0.76mg (5.06%), Potassium: 171.01mg (4.89%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.62mg (4.16%), Magnesium: 15.68mg (3.92%), Vitamin B5: 0.31mg (3.09%), Vitamin B1: 0.04mg (2.8%), Iron: 0.47mg (2.62%), Vitamin B12: 0.14µg (2.28%), Copper: 0.04mg (2.11%), Vitamin D: 0.25µg (1.7%), Vitamin B3: 0.32mg (1.59%)