



Broccoli with Red Pepper Flakes and Toasted Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- 6 cups broccoli florets (1 head)
- 0.3 teaspoon pepper red crushed
- 3 garlic cloves thinly sliced
- 0.3 teaspoon kosher salt
- 2 teaspoons olive oil
- 0.3 cup water

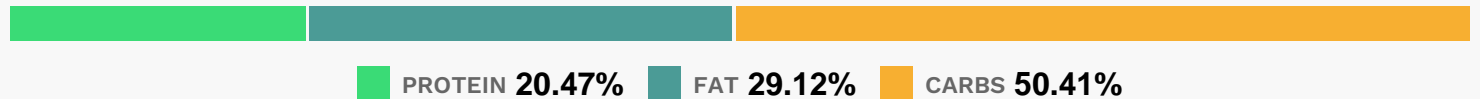
Equipment

frying pan

Directions

- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add broccoli, kosher salt, crushed red pepper, and sliced garlic. Saut 2 minutes.
- Add 1/4 cup water. Cover, reduce heat to low, and cook for 2 minutes or until broccoli is crisp-tender.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:16.406087014986%

Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 67.79kcal (3.39%), Fat: 2.53g (3.9%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 6.23g (2.27%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 193.6mg (8.42%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin C: 122.46mg (148.44%), Vitamin K: 140.6µg (133.91%), Folate: 86.1µg (21.52%), Vitamin A: 887.66IU (17.75%), Manganese: 0.33mg (16.34%), Fiber: 3.64g (14.56%), Vitamin B6: 0.27mg (13.47%), Potassium: 442.85mg (12.65%), Vitamin B2: 0.16mg (9.61%), Phosphorus: 93.91mg (9.39%), Vitamin E: 1.4mg (9.35%), Vitamin B5: 0.8mg (7.97%), Magnesium: 29.57mg (7.39%), Calcium: 69.19mg (6.92%), Vitamin B1: 0.1mg (6.78%), Iron: 1.07mg (5.94%), Selenium: 3.76µg (5.37%), Vitamin B3: 0.9mg (4.51%), Zinc: 0.59mg (3.95%), Copper: 0.08mg (3.87%)