



## Broccoli with Roasted Garlic and Tomatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



232 kcal

SIDE DISH

### Ingredients

- 3 cups broccoli florets fresh
- 2 tablespoons butter softened
- 4 large cloves garlic
- 1 cup grape tomatoes
- 1 tablespoon olive oil
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt

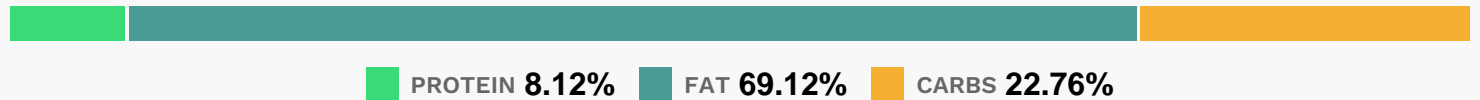
### Equipment

- bowl
- oven
- roasting pan
- aluminum foil

## Directions

- Heat oven to 425F. Fold small sheet of heavy-duty foil in half, creasing it to form double thickness.
- Place garlic in center of foil; drizzle with 1 teaspoon water. Fold foil tightly to seal.
- Bake 20 minutes or until garlic is lightly browned and tender.
- Transfer garlic to small bowl; mash with fork.
- Increase oven temperature to 450F. Spray cast-iron skillet or small shallow roasting pan with cooking spray. In skillet or pan, toss broccoli with oil and roasted garlic.
- Spread broccoli in single layer.
- Roast uncovered 10 minutes or until broccoli begins to brown. Stir in tomatoes, butter, salt and pepper. Roast 12 minutes longer or until tomato skins begin to split.

## Nutrition Facts



## Properties

Glycemic Index:91, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:19.692173995402%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 10.78mg, Kaempferol: 10.78mg, Kaempferol: 10.78mg, Kaempferol: 10.78mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

## Nutrients (% of daily need)

Calories: 231.65kcal (11.58%), Fat: 19.05g (29.3%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 9.48g (3.45%), Sugar: 4.35g (4.83%), Cholesterol: 30.1mg (10.03%), Sodium: 430.68mg (18.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin C: 133.84mg (162.23%), Vitamin K:

150.82µg (143.64%), Vitamin A: 1822.75IU (36.45%), Manganese: 0.5mg (25.23%), Folate: 97.81µg (24.45%), Vitamin E: 2.81mg (18.71%), Vitamin B6: 0.37mg (18.7%), Fiber: 4.63g (18.53%), Potassium: 638.78mg (18.25%), Phosphorus: 120.9mg (12.09%), Vitamin B2: 0.19mg (10.92%), Magnesium: 39.08mg (9.77%), Vitamin B1: 0.14mg (9.16%), Vitamin B5: 0.9mg (9.03%), Calcium: 87.18mg (8.72%), Iron: 1.37mg (7.6%), Vitamin B3: 1.37mg (6.83%), Copper: 0.13mg (6.62%), Selenium: 4.42µg (6.31%), Zinc: 0.77mg (5.15%)