



Broccoli with Sesame Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli fresh separated trimmed
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 large garlic clove minced
- ☐ 4 green onions sliced
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons sesame seed toasted

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0.3 cup soya sauce

Equipment

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frying pan

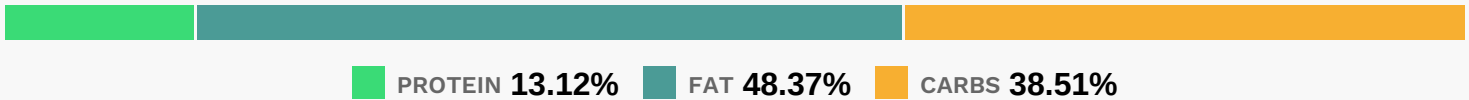
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wok

Directions

- ☐ Stir together first 7 ingredients.
- ☐ Heat oil in a large skillet or wok over medium-high heat.
- ☐ Add broccoli, and stir-fry 3 to 5 minutes or until crisp-tender; stir in soy sauce mixture until thoroughly heated, coating well.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:13.996956369151%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 108.88kcal (5.44%), Fat: 6.34g (9.75%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 8.68g (3.16%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 570.74mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin K: 94.49µg (89.99%), Vitamin C: 69.21mg (83.89%), Manganese: 0.3mg (15.22%), Folate: 57.43µg (14.36%), Vitamin A: 600.44IU (12.01%), Fiber: 2.68g (10.72%), Vitamin B6: 0.19mg (9.63%), Potassium: 314.2mg (8.98%), Copper: 0.18mg (8.8%), Phosphorus: 84.41mg (8.44%), Magnesium: 32.44mg (8.11%), Iron: 1.37mg (7.6%), Calcium: 74.37mg (7.44%), Vitamin B2: 0.12mg (7%), Vitamin B1: 0.09mg (5.79%), Vitamin B3: 1.07mg (5.36%), Vitamin E: 0.78mg (5.17%), Vitamin B5: 0.49mg (4.91%), Selenium: 3.1µg (4.43%), Zinc: 0.61mg (4.08%)