



HEALTH SCORE

74%

Broccoli with Sesame Seeds and Dried Red Pepper



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds broccoli cut into florets
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.8 teaspoon pepper dried red crushed
- ☐ 1 tablespoon sesame oil toasted
- ☐ 3 tablespoons sesame seed

Equipment

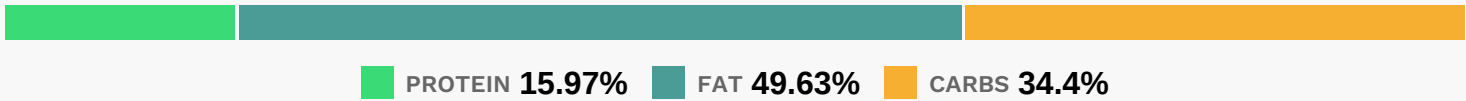
- ☐ bowl

☐ frying pan

Directions

- ☐ Toast sesame seeds in heavy small skillet over medium heat until golden, about 5 minutes. Set aside 1 tablespoon toasted sesame seeds.
- ☐ Place remaining sesame seeds in spice grinder.
- ☐ Add salt and 1/2 teaspoon crushed red pepper; grind coarsely. Set sesame–red pepper mixture aside.
- ☐ Steam broccoli until crisp–tender, about 7 minutes.
- ☐ Transfer to large bowl.
- ☐ Add oil, 1 tablespoon reserved sesame seeds, remaining 1/4 teaspoon crushed red pepper, and 2 teaspoons sesame–red pepper mixture; toss to combine.
- ☐ Serve, passing remaining sesame–red pepper mixture separately.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:19.047825999882%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 114.57kcal (5.73%), Fat: 7.06g (10.86%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 6.48g (2.36%), Sugar: 2.45g (2.73%), Cholesterol: 0mg (0%), Sodium: 489.61mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin C: 126.44mg (153.26%), Vitamin K: 145.45µg (138.53%), Folate: 95.23µg (23.81%), Manganese: 0.45mg (22.64%), Vitamin A: 994.82IU (19.9%), Fiber: 4.52g (18.1%), Copper: 0.32mg (15.92%), Vitamin B6: 0.3mg (15.17%), Potassium: 483.4mg (13.81%), Phosphorus: 132.42mg (13.24%), Magnesium: 51.4mg (12.85%), Calcium: 126.63mg (12.66%), Iron: 1.98mg (10.98%), Vitamin B2: 0.18mg (10.83%), Vitamin B1: 0.15mg (9.94%), Vitamin E: 1.31mg (8.75%), Vitamin B5: 0.82mg (8.19%), Selenium: 5.69µg (8.12%), Zinc: 1.06mg (7.09%), Vitamin B3: 1.22mg (6.1%)