



 **64%**
HEALTH SCORE

Broccoli with Smoked Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds smoked salted coarsely chopped
- 5 cups broccoli florets frozen thawed
- 0.5 teaspoon garlic minced
- 1 tablespoon olive oil
- 2 ounces pimientos drained sliced
- 0.3 teaspoon salt
- 0.5 cup water

Equipment

frying pan

Directions

- In a large skillet, saute broccoli and garlic in oil for 2 minutes or until garlic is golden brown.
- Add water and salt; bring to a boil. Reduce heat; cover and cook for 2–3 minutes or until broccoli is tender.
- Add almonds and pimientos. Cook, uncovered, for 1 minute or until water is evaporated.

Nutrition Facts

 **PROTEIN 15.1%**  **FAT 56.65%**  **CARBS 28.25%**

Properties

Glycemic Index:29.25, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:19.429130554199%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 8.97mg, Kaempferol: 8.97mg, Kaempferol: 8.97mg, Kaempferol: 8.97mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 143.14kcal (7.16%), Fat: 9.92g (15.26%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 6.35g (2.31%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 187.02mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin C: 116.32mg (141%), Vitamin K: 119.58µg (113.89%), Vitamin E: 4.56mg (30.41%), Manganese: 0.53mg (26.54%), Vitamin A: 1085.16IU (21.7%), Folate: 77.91µg (19.48%), Fiber: 4.78g (19.12%), Vitamin B2: 0.28mg (16.45%), Magnesium: 57.45mg (14.36%), Phosphorus: 135.94mg (13.59%), Potassium: 475.73mg (13.59%), Vitamin B6: 0.26mg (12.87%), Copper: 0.19mg (9.65%), Iron: 1.59mg (8.84%), Calcium: 88.2mg (8.82%), Vitamin B1: 0.11mg (7.26%), Vitamin B5: 0.71mg (7.11%), Vitamin B3: 1.27mg (6.34%), Zinc: 0.88mg (5.86%), Selenium: 3.41µg (4.88%)