



Broccoli with Sour Cream Sauce

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- 12 ounce broccoli florets refrigerated
- 1 teaspoon dijon mustard
- 2 tablespoons milk 1% low-fat
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.3 teaspoon salt

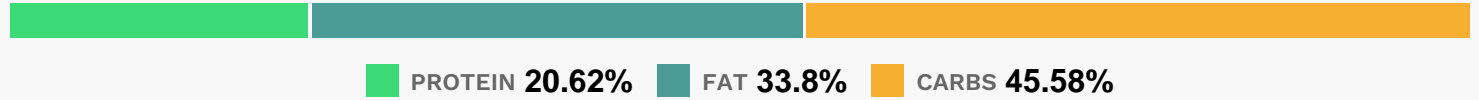
Equipment

- sauce pan
- microwave

Directions

- Microwave broccoli according to package directions.
- While broccoli cooks, combine sour cream and remaining ingredients in a small saucepan. Cook over medium heat until thoroughly heated, stirring frequently (do not boil).
- Arrange broccoli on a serving plate; drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.1, Inflammation Score:-7, Nutrition Score:13.040000047373%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 58.97kcal (2.95%), Fat: 2.46g (3.78%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 5.2g (1.89%), Sugar: 1.88g (2.09%), Cholesterol: 7.08mg (2.36%), Sodium: 205.99mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin C: 76.04mg (92.17%), Vitamin K: 86.87µg (82.73%), Folate: 55.93µg (13.98%), Vitamin A: 608.31IU (12.17%), Potassium: 323.22mg (9.23%), Manganese: 0.18mg (9.22%), Fiber: 2.27g (9.06%), Vitamin B6: 0.16mg (7.9%), Phosphorus: 78.82mg (7.88%), Vitamin B2: 0.13mg (7.87%), Calcium: 77.33mg (7.73%), Magnesium: 21.28mg (5.32%), Vitamin B5: 0.52mg (5.18%), Vitamin B1: 0.07mg (4.98%), Vitamin E: 0.73mg (4.85%), Selenium: 3.3µg (4.72%), Iron: 0.66mg (3.64%), Zinc: 0.49mg (3.23%), Vitamin B3: 0.57mg (2.86%), Copper: 0.05mg (2.29%), Vitamin B12: 0.13µg (2.1%)