



 **60%**
HEALTH SCORE

Broccoli with Sun-Dried Tomatoes and Pine Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 1 head broccoli
- 1 teaspoon champagne vinegar
- 1 garlic clove finely chopped
- 3 tablespoons olive oil extra-virgin
- 0.3 teaspoon pepper
- 1 tablespoon pinenuts toasted

- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 tablespoons sun-dried tomatoes sliced

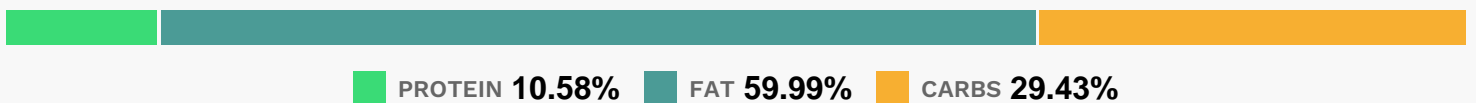
Equipment

- bowl
- whisk
- pot

Directions

- Cut broccoli into 1 1/2-inch florets. Peel stems, cut in half lengthwise, and cut into 1/2-inch-thick slices on the diagonal.
- Combine balsamic vinegar, garlic, olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl, whisking well.
- Add 1/2 teaspoon salt to a pot of boiling water.
- Add broccoli stems to pot and cook for 2 minutes.
- Add broccoli florets to pot and cook for another minute, or until bright green. Rinse and drain.
- Combine the broccoli, sun-dried tomatoes, pine nuts, and balsamic mixture; toss well.
- Sprinkle 1/4 teaspoon each of salt and pepper on salad; drizzle with Champagne vinegar.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:19.160869453264%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 180kcal (9%), Fat: 12.85g (19.78%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 492.14mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin C: 136.82mg (165.85%), Vitamin K: 164µg (156.19%), Manganese: 0.63mg (31.57%), Folate: 98.35µg (24.59%), Vitamin E: 2.93mg (19.55%), Vitamin A: 970.29IU (19.41%), Fiber: 4.4g (17.6%), Potassium: 599.79mg (17.14%), Vitamin B6: 0.29mg (14.32%), Phosphorus: 127.32mg (12.73%), Vitamin B2: 0.2mg (11.58%), Magnesium: 44.95mg (11.24%), Vitamin B5: 0.94mg (9.37%), Iron: 1.65mg (9.19%), Vitamin B1: 0.13mg (8.79%), Calcium: 80.19mg (8.02%), Copper: 0.15mg (7.52%), Vitamin B3: 1.31mg (6.57%), Selenium: 4.07µg (5.81%), Zinc: 0.86mg (5.7%)