



Broccoli with Turmeric and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli peeled cut into florets (7 cups in all) (2 large stalks)
- 1 cup canned tomatoes diced canned drained (from one 15-ounce can)
- 2 tablespoons cooking oil
- 2 onions cut into thin slices
- 0.8 teaspoon salt
- 0.8 teaspoon turmeric
- 0.3 cup water

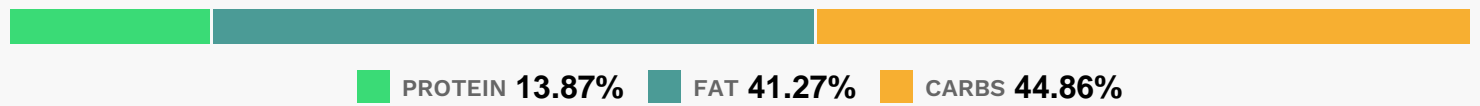
Equipment

frying pan

Directions

- In a large, deep frying pan, heat the oil over moderate heat.
- Add the onions and cook, covered, stirring occasionally, for 5 minutes. Uncover and cook, stirring occasionally, until the onions are very soft, about 5 minutes longer.
- Stir in the turmeric to coat the onions. Stir in the broccoli, tomatoes, water, and salt and bring to a simmer. Reduce the heat and simmer, covered, until the broccoli is tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.34, Inflammation Score:-10, Nutrition Score:20.874782541524%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 13.7mg, Kaempferol: 13.7mg, Kaempferol: 13.7mg, Kaempferol: 13.7mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg

Nutrients (% of daily need)

Calories: 153.24kcal (7.66%), Fat: 7.8g (12%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 13.04g (4.74%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 581.29mg (25.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin C: 161.47mg (195.73%), Vitamin K: 180.5µg (171.91%), Folate: 122.56µg (30.64%), Manganese: 0.5mg (25.24%), Fiber: 6.04g (24.15%), Vitamin A: 1131.01IU (22.62%), Vitamin B6: 0.44mg (21.85%), Potassium: 740.17mg (21.15%), Vitamin E: 2.98mg (19.88%), Vitamin B2: 0.25mg (14.57%), Phosphorus: 140.62mg (14.06%), Magnesium: 48.75mg (12.19%), Iron: 2.1mg (11.66%), Vitamin B1: 0.17mg (11.58%), Calcium: 112.74mg (11.27%), Vitamin B5: 1.11mg (11.13%), Vitamin B3: 1.6mg (7.99%), Copper: 0.15mg (7.6%), Selenium: 4.61µg (6.58%), Zinc: 0.89mg (5.96%)