



Broccoli with Walnut Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



14 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli florets
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon divided
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt

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1 tablespoon walnuts toasted finely chopped

Equipment

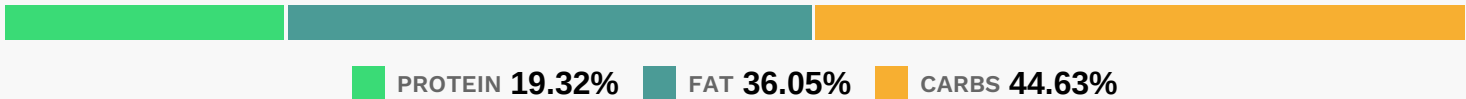
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frying pan

Directions

- ☐
- Heat oil in a large nonstick skillet over medium–high heat; add broccoli. Cook 4 to 5 minutes, turning until lightly browned on all sides.
- ☐
- Combine walnuts and next 4 ingredients; stir in 1 teaspoon lemon juice and garlic.
- ☐
- Sprinkle walnut mixture evenly over broccoli; sprinkle with remaining lemon juice.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.61, Inflammation Score:–8, Nutrition Score:15.826521790546%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 66.68kcal (3.33%), Fat: 3.08g (4.74%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 5.29g (1.92%), Sugar: 2.1g (2.34%), Cholesterol: 0mg (0%), Sodium: 184.16mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Vitamin K: 149.35µg (142.24%), Vitamin C: 105.69mg (128.11%), Folate: 77.54µg (19.38%), Manganese: 0.36mg (17.79%), Vitamin A: 876.6IU (17.53%), Fiber: 3.29g (13.16%), Vitamin B6: 0.23mg (11.27%), Potassium: 388.53mg (11.1%), Phosphorus: 86.26mg (8.63%), Vitamin B2: 0.14mg (8.25%), Magnesium: 29.39mg (7.35%), Vitamin E: 1.07mg (7.12%), Vitamin B5: 0.68mg (6.83%), Vitamin B1: 0.09mg (6.22%), Calcium: 61.34mg (6.13%), Iron: 1.06mg (5.9%), Copper: 0.1mg (5.16%), Selenium: 3.08µg (4.4%), Vitamin B3: 0.79mg (3.95%), Zinc: 0.58mg (3.84%)