



Broccolini and Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 5.5 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds broccolini
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 teaspoon garlic minced
- ☐ 6 servings kosher salt
- ☐ 1 optional: lemon
- ☐ 0.3 cup olive oil good

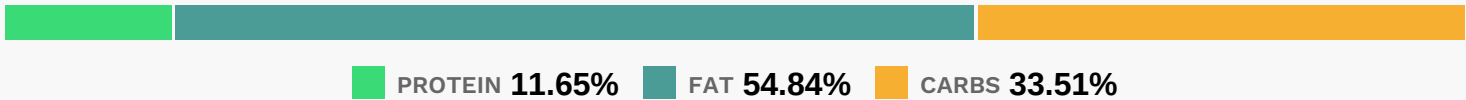
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large pot, bring 8 cups of water and 2 tablespoons salt to a boil.
- ☐ Remove and discard the bottom third of the broccolini stems. If some stems are very thick, cut them in half lengthwise.
- ☐ Meanwhile, in a small bowl, whisk together the olive oil, balsamic vinegar, mustard, garlic, 1 1/2 teaspoons salt, and the pepper. When the water comes to a full boil, add the broccolini, return to a boil, and cook over high heat for 2 minutes, until the stalks are just tender.
- ☐ Drain well and place in a large bowl.
- ☐ Pour enough dressing over the broccolini to moisten and toss well. Splash with a generous squeeze of fresh lemon juice, sprinkle with salt, and serve warm or hot.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.62, Inflammation Score:-9, Nutrition Score:8.1873913510986%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 145.8kcal (7.29%), Fat: 9.08g (13.96%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 10.56g (3.84%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 235.76mg (10.25%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin C: 113.75mg (137.88%), Vitamin A: 2006.36IU (40.13%), Calcium: 90.8mg (9.08%), Vitamin E: 1.33mg (8.84%), Fiber: 1.91g (7.65%), Iron: 1.26mg (7%), Vitamin K: 5.71µg (5.43%), Manganese: 0.06mg (2.82%), Potassium: 46.24mg (1.32%), Vitamin B6: 0.02mg (1.07%)