



Broccolini Sautéed with Olive Oil and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccolini trimmed
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon salt
- ☐ 4 quarts water

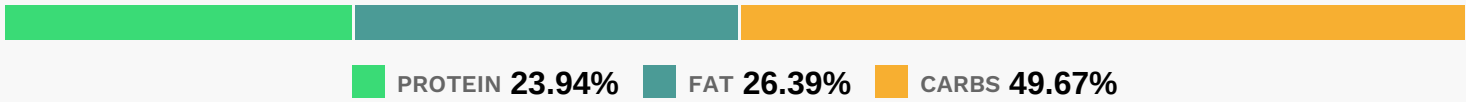
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring water to a boil in a stockpot; add salt and broccolini. Cook 5 minutes or until tender; drain.
- ☐ Put olive oil and garlic in a large skillet over medium-high heat. Saut until garlic just begins to color.
- ☐ Add broccolini; saut 5 minutes.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:4.4973912522521%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.31kcal (1.67%), Fat: 1g (1.54%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 912.54mg (39.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin C: 52.26mg (63.35%), Vitamin A: 1000.64IU (20.01%), Calcium: 56.13mg (5.61%), Copper: 0.08mg (3.93%), Iron: 0.51mg (2.82%), Fiber: 0.68g (2.74%), Magnesium: 4.94mg (1.24%)