



Broccoli with Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch broccoli steamed trimmed
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 0.3 cup slivered almonds toasted

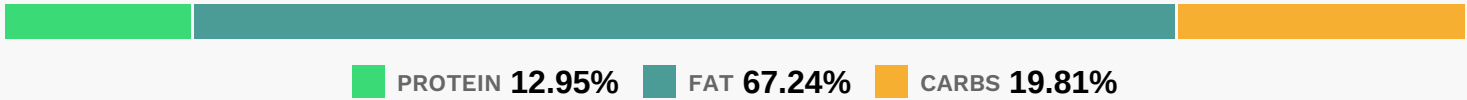
Equipment

☐ frying pan

Directions

- ☐ In a small skillet, over medium-high heat, add the oil. When the oil is hot add the garlic and red pepper flakes, stirring frequently until garlic is tender, about 3 minutes.
- ☐ Add the steamed broccolini to a serving dish and pour in the oil mixture.
- ☐ Sprinkle with the almonds, lemon zest, lemon juice, and salt; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:12.532608856326%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 204.2kcal (10.21%), Fat: 16.01g (24.63%), Saturated Fat: 1.66g (10.34%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 7.23g (2.63%), Sugar: 2.86g (3.17%), Cholesterol: 0mg (0%), Sodium: 318.35mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin C: 79.59mg (96.48%), Vitamin E: 5.67mg (37.79%), Vitamin A: 1537.71IU (30.75%), Manganese: 0.44mg (21.97%), Fiber: 3.38g (13.54%), Magnesium: 49.32mg (12.33%), Vitamin B2: 0.21mg (12.27%), Calcium: 112.54mg (11.25%), Copper: 0.19mg (9.6%), Phosphorus: 89.41mg (8.94%), Iron: 1.48mg (8.24%), Vitamin K: 4.37µg (4.16%), Potassium: 142.61mg (4.07%), Zinc: 0.59mg (3.91%),

Vitamin B3: 0.68mg (3.4%), Vitamin B1: 0.04mg (2.72%), Vitamin B6: 0.05mg (2.37%), Folate: 8.31µg (2.08%),
Selenium: 0.98µg (1.4%)