

 54%
HEALTH SCORE

Broccolini with Italian Herb Oil



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1.5 pounds broccolini ends trimmed
- ☐ 0.3 cup flat parsley coarsely chopped
- ☐ 1 small garlic clove smashed
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano coarsely chopped

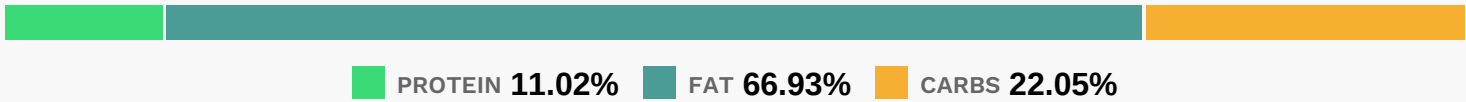
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Cook Broccolini in a 5-to 6-quarts pot of boiling salted water (2 teaspoons salt for 4 quarts water) until just tender, about 6 minutes, then drain.
- ☐ Meanwhile, blend herbs, garlic, anchovy paste, 1/8 teaspoon salt, and 1/2 teaspoon pepper in a blender until finely chopped. With motor running, add oil in a slow stream, blending until mixture is green and herbs are very finely chopped.
- ☐ Serve Broccolini tossed with herb oil.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:15.010000027392%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 238.84kcal (11.94%), Fat: 18.25g (28.07%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 10.78g (3.92%), Sugar: 4.12g (4.58%), Cholesterol: 1.27mg (0.43%), Sodium: 108.7mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin C: 163.52mg (198.21%), Vitamin K: 100.8µg (96%), Vitamin A: 3445.07IU (68.9%), Vitamin E: 2.91mg (19.4%), Calcium: 152.21mg (15.22%), Iron: 2.4mg (13.36%), Fiber: 2.75g (10.99%), Manganese: 0.08mg (4.24%), Folate: 10.89µg (2.72%), Vitamin B3: 0.43mg (2.14%), Magnesium: 7.18mg (1.79%), Selenium: 1.19µg (1.7%), Potassium: 56.18mg (1.61%), Vitamin B6: 0.03mg (1.53%), Copper: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.06%)