



Broccolini with Lemon and Garlic



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter-flavored yogurt-based spread such as Brummel and Brown
- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups broccolini 2 bunches
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt

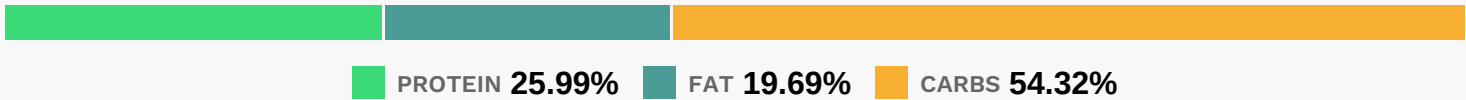
Equipment

- ☐ frying pan

Directions

- ☐ Heat yogurt-based spread in a large nonstick skillet over medium heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add broccolini and lemon juice; saut 6 minutes or until crisp-tender.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:10.141304324503%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 126.72kcal (6.34%), Fat: 2.87g (4.41%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 14.92g (5.43%), Sugar: 5.77g (6.41%), Cholesterol: 7.53mg (2.51%), Sodium: 383.13mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.03%), Vitamin C: 220.46mg (267.23%), Vitamin A: 4263.83IU (85.28%), Calcium: 171.75mg (17.17%), Fiber: 2.88g (11.51%), Iron: 2.06mg (11.43%), Manganese: 0.04mg (2.13%), Vitamin B6: 0.02mg (1.13%)