



WHATSheATE



Broccolini with Smoked Paprika, Almonds, and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds broccolini rinsed cut into 2- to 3-inch lengths
- ☐ 8 servings coarse kosher salt
- ☐ 3 large garlic cloves chopped
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 teaspoons sherry wine vinegar
- ☐ 1.5 teaspoons paprika smoked
- ☐ 0.3 cup water

☐ 0.5 cup almonds whole coarsely chopped

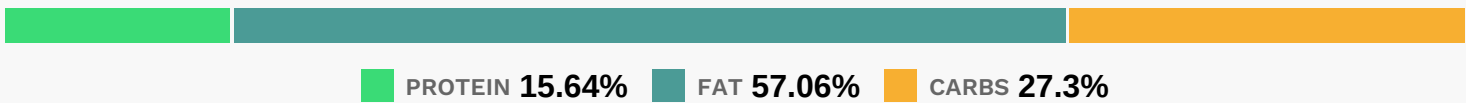
Equipment

☐ bowl

Directions

- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add almonds. Stir until lightly browned, 2 to 3 minutes.
- ☐ Add garlic and paprika.
- ☐ Sprinkle with coarse salt; sauté 1 minute.
- ☐ Transfer to small bowl.
- ☐ Add remaining 2 tablespoons oil to skillet.
- ☐ Add broccolini; sprinkle with coarse salt.
- ☐ Add 1/3 cup water. Cover and boil until crisp-tender and still bright green, about 4 minutes.
- ☐ Pour off any water. Stir in almond mixture. Season to taste with coarse salt and pepper.
- ☐ Mix in 1 to 2 teaspoons vinegar.
- ☐ Transfer broccolini to bowl and serve.
- ☐ * Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce; available at some supermarkets, at specialty food stores, and from tienda.com.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:10.549565273782%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin:

0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 147.71kcal (7.39%), Fat: 9.76g (15.02%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 7.9g (2.87%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 228.32mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.05%), Vitamin C: 104.41mg (126.56%), Vitamin A: 2186.04IU (43.72%), Vitamin E: 3.15mg (21.03%), Manganese: 0.23mg (11.49%), Calcium: 107.49mg (10.75%), Fiber: 2.61g (10.44%), Iron: 1.43mg (7.93%), Vitamin B2: 0.11mg (6.34%), Magnesium: 25.21mg (6.3%), Copper: 0.1mg (4.99%), Phosphorus: 45.94mg (4.59%), Vitamin K: 3.48µg (3.32%), Potassium: 78.91mg (2.25%), Zinc: 0.31mg (2.07%), Vitamin B3: 0.37mg (1.85%), Vitamin B6: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.45%), Folate: 4.15µg (1.04%)