



Broccolini with Spicy Sesame Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound broccolini
- ☐ 2 teaspoons garlic minced
- ☐ 4 servings kosher salt
- ☐ 0.5 teaspoon pepper red crushed plus more to taste
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon vinegar white

☐ 2 tablespoons sesame seed white toasted

Equipment

☐ bowl

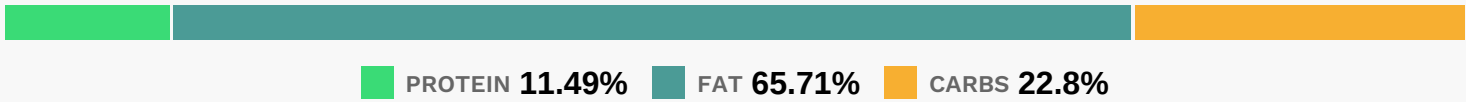
☐ knife

☐ pot

Directions

- ☐ Cook broccolini in a large pot of saltedboiling water until crisp–tender, about3 minutes.
- ☐ Transfer to a large bowl of icewater.
- ☐ Drain and dry well. Halve broccolini,if desired.
- ☐ Place in a large bowl.
- ☐ Finely chop 2 tablespoons sesame seeds and1/2 teaspoon red pepper flakes in a spice grinder(or finely chop with a knife).
- ☐ Transfer to asmall bowl; stir in both oils, vinegar, andgarlic. Season with salt and pepper.
- ☐ Drizzleover broccolini; toss to coat.
- ☐ Transferto a platter; sprinkle with remaining 1 teaspoonsesame seeds and more red pepper flakes,if desired.
- ☐ calories, 15 g fat, 7 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.32, Inflammation Score:–9, Nutrition Score:9.7573912752711%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 164.58kcal (8.23%), Fat: 12.33g (18.97%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 7.68g (2.79%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 232.04mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin C: 104.52mg (126.7%), Vitamin A: 2076.31IU (41.53%), Vitamin K: 13.43µg (12.79%), Calcium: 123.39mg (12.34%), Iron: 1.63mg (9.05%), Copper: 0.17mg (8.6%), Fiber: 1.95g (7.82%), Manganese: 0.14mg (7.16%), Vitamin E: 0.71mg (4.75%), Magnesium: 15mg (3.75%), Phosphorus: 28.52mg (2.85%), Vitamin B6: 0.06mg (2.79%), Selenium: 1.67µg (2.38%), Vitamin B1: 0.04mg (2.36%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.22mg (1.11%)