



Broccolini with Pecan Brown Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 2.3 pounds broccolini (4 bunches)
- ☐ 6 tablespoons butter ()
- ☐ 10 servings coarse kosher salt
- ☐ 1 garlic clove chopped
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 0.3 cup shallots finely chopped (2 medium)

Equipment

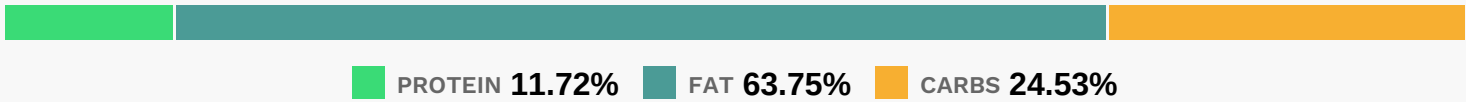
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Bring large pot of salted water to boil.
- ☐ Add broccolini; stir to separate and cook 2 minutes.
- ☐ Drain.
- ☐ Transfer broccolini to paper towels to drain. Cool. DO AHEAD: Can be made 1 day ahead. Wrap broccolini in several layers of clean paper towels; enclose in resealable plastic bag and chill.
- ☐ Melt butter in extra-large skillet over medium heat.
- ☐ Add shallots and garlic, then pecans; sauté until shallots are soft, about 3 minutes. Increase heat to medium-high; stir constantly until butter is browned and pecans are aromatic, about 3 minutes.
- ☐ Add broccolini to skillet and toss gently until heated through, about 7 minutes. Season to taste with coarse salt and pepper.
- ☐ Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.29, Inflammation Score:-9, Nutrition Score:8.4469564550597%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.17kcal (7.06%), Fat: 10.38g (15.98%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 7.12g (2.59%), Sugar: 3.07g (3.41%), Cholesterol: 18.06mg (6.02%), Sodium: 278.58mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin C: 94.27mg (114.27%), Vitamin A: 2013.98IU (40.28%), Manganese: 0.25mg (12.28%), Calcium: 80.38mg (8.04%), Fiber: 1.88g (7.5%), Iron: 1.07mg (5.96%), Copper: 0.07mg (3.28%), Vitamin B1: 0.04mg (2.48%), Phosphorus: 19.74mg (1.97%), Magnesium: 7.48mg (1.87%), Vitamin E: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.26mg (1.73%), Potassium: 43.31mg (1.24%)