



Caramelized Broccoli with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 heads broccoli peeled halved lengthwise (1-)
- ☐ 1 pinch pepper red crushed
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup water

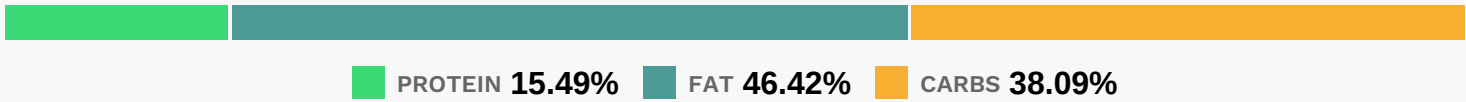
Equipment

☐ frying pan

Directions

- ☐ In a large, deep skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes.
- ☐ Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes.
- ☐ Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:25.710434540458%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

Nutrients (% of daily need)

Calories: 201.5kcal (10.08%), Fat: 11.66g (17.94%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 13.52g (4.92%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 102.9mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Vitamin C: 274.77mg (333.06%), Vitamin K: 316.63µg (301.55%), Folate: 193.11µg (48.28%), Vitamin A: 1902.53IU (38.05%), Manganese: 0.69mg (34.5%), Fiber: 8.01g (32.03%), Vitamin B6: 0.56mg (28.21%), Potassium: 979.31mg (27.98%), Vitamin E: 3.91mg (26.05%), Vitamin B2: 0.36mg (21.16%), Phosphorus: 204.92mg (20.49%), Vitamin B5: 1.77mg (17.67%), Magnesium: 65.36mg (16.34%), Calcium: 148.92mg (14.89%), Vitamin B1: 0.22mg (14.82%), Iron: 2.34mg (12.98%), Selenium: 7.94µg (11.34%), Vitamin B3: 1.97mg (9.85%), Zinc: 1.28mg (8.54%), Copper: 0.16mg (8.16%)