



## Cauliflower and Broccoli with Fresh Herb Butter

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter softened
- 3 tablespoons chives fresh finely sliced
- 1.5 teaspoons thyme leaves dried fresh chopped
- 1 teaspoon lemon zest grated
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 lb cauliflower florets fresh

7 oz broccoli florets fresh

## Equipment

bowl

sauce pan

## Directions

In 4-quart saucepan, heat 2 quarts water to boiling over high heat. Meanwhile, in small bowl, stir together butter, chives, thyme, lemon peel, salt and pepper until blended; set aside.

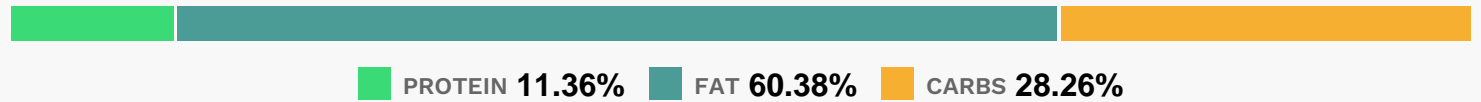
Add cauliflower to boiling water in saucepan; cook 2 minutes.

Add broccoli; cook 2 to 3 minutes longer or until vegetables are crisp-tender.

Drain; return to saucepan.

Add butter mixture to vegetables in saucepan; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:8.0165216391501%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 61.35kcal (3.07%), Fat: 4.49g (6.91%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 147.47mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin C: 51.04mg (61.87%), Vitamin K: 36.59µg (34.85%), Folate: 49.39µg (12.35%), Vitamin A: 409.59IU (8.19%), Manganese: 0.16mg (7.94%), Fiber: 1.9g (7.61%), Vitamin B6: 0.15mg (7.58%), Potassium: 256.98mg (7.34%), Vitamin B5: 0.53mg (5.32%), Phosphorus: 43.71mg (4.37%), Vitamin B2: 0.07mg (4.02%), Magnesium: 15.09mg (3.77%), Vitamin B1: 0.05mg (3.18%), Calcium: 28.92mg (2.89%), Iron: 0.51mg (2.84%), Vitamin E: 0.41mg (2.7%), Vitamin B3: 0.46mg (2.32%), Copper: 0.04mg (1.96%), Zinc: 0.27mg

(1.8%), Selenium: 0.98 $\mu$ g (1.39%)