



WHATSheATE



## Cauliflower and Broccoli with Fresh Herb Butter



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

### Ingredients

- ☐ 7 oz broccoli florets fresh
- ☐ 3 tablespoons butter softened
- ☐ 1 lb cauliflower florets fresh
- ☐ 3 tablespoons chives fresh finely sliced
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

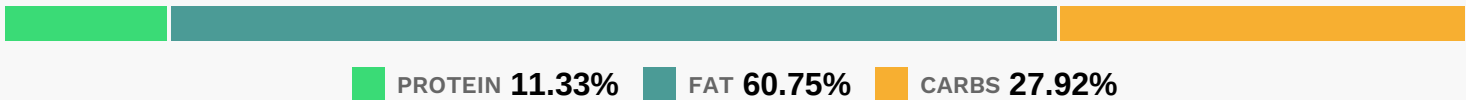
# Equipment

- ☐ 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:17.63, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:7.8952173396297%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg 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: 60.97kcal (3.05%), Fat: 4.49g (6.9%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 2.79g (1.02%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 147.44mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 50.44mg (61.14%), Vitamin K: 36.59µg (34.85%), Folate: 49.22µg (12.31%), Vitamin A: 391.77IU (7.84%), Manganese: 0.15mg (7.62%), Vitamin B6: 0.15mg (7.52%), Fiber: 1.85g (7.4%), Potassium: 254.7mg (7.28%), Vitamin B5: 0.53mg (5.3%), Phosphorus: 43.31mg (4.33%), Vitamin B2: 0.07mg (3.92%), Magnesium: 14.49mg (3.62%), Vitamin B1: 0.05mg (3.17%), Calcium: 27.4mg (2.74%), Vitamin E: 0.41mg (2.7%), Iron: 0.45mg (2.48%), Vitamin B3: 0.46mg (2.28%), Copper: 0.04mg (1.86%), Zinc: 0.26mg (1.75%), Selenium: 0.98µg (1.39%)