



Cheddar-Beer Sauce Broccoli

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

SAUCE

Ingredients

- ☐ 0.3 cup beer
- ☐ 5 cups broccoli florets raw
- ☐ 0.8 cup cheddar reduced-fat
- ☐ 1 tablespoon chives
- ☐ 0.8 cup milk fat-free
- ☐ 1.5 tablespoons flour
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon lemon rind grated

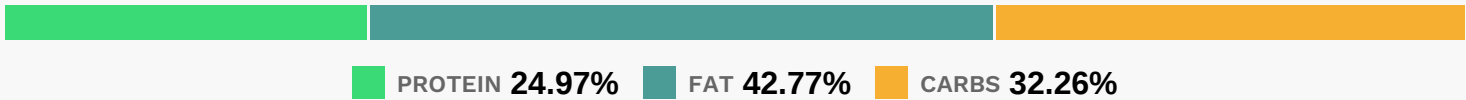
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Arrange broccoli in a steamer. Steam, covered, 4 minutes or until crisp-tender.
- ☐ Place broccoli in a large bowl.
- ☐ Whisk 1/4 cup beer and flour in a bowl.
- ☐ Combine milk and 1/4 cup beer in a pan; bring to a simmer. Stir in flour mixture; bring to a boil. Reduce heat; simmer 2 minutes.
- ☐ Add cheddar, chives, lemon rind, and kosher salt.
- ☐ Pour over broccoli.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:2.75, Inflammation Score:-7, Nutrition Score:14.014347812404%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 6.07mg, Kaempferol: 6.07mg, Kaempferol: 6.07mg, Kaempferol: 6.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 105.11kcal (5.26%), Fat: 5.13g (7.89%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.65g (2.42%), Sugar: 2.9g (3.23%), Cholesterol: 15.04mg (5.01%), Sodium: 227.31mg (9.88%), Alcohol: 0.38g (100%), Alcohol %: 0.36% (100%), Protein: 6.74g (13.48%), Vitamin C: 68.15mg (82.6%), Vitamin K: 78.76µg (75.01%), Calcium: 177.35mg (17.73%), Phosphorus: 151.22mg (15.12%), Folate: 55.92µg (13.98%), Vitamin A:

698.3IU (13.97%), Vitamin B2: 0.2mg (11.97%), Selenium: 7.21µg (10.29%), Manganese: 0.18mg (8.86%), Potassium: 308.08mg (8.8%), Vitamin B6: 0.17mg (8.33%), Fiber: 2.05g (8.21%), Zinc: 0.98mg (6.56%), Vitamin B5: 0.62mg (6.17%), Magnesium: 24.65mg (6.16%), Vitamin B1: 0.09mg (6.05%), Vitamin B12: 0.33µg (5.49%), Vitamin E: 0.7mg (4.67%), Iron: 0.68mg (3.75%), Vitamin B3: 0.69mg (3.47%), Vitamin D: 0.42µg (2.81%), Copper: 0.05mg (2.33%)