



Chinese Broccoli

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon five-spice powder chinese
- 1 pound broccoli chinese trimmed (or 2 bunches Broccolini)
- 0.3 cup roasted soy nuts crushed
- 2 teaspoons soya sauce
- 2 tablespoons butter unsalted

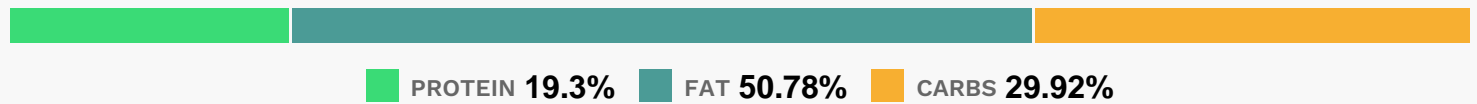
Equipment

- pot

Directions

- In a pot filled with 2 inches of water, steam the broccoli or Broccolini until the stems are just tender, 4 to 5 minutes.
- Transfer to a platter.
- Discard the water.
- Add the butter, soy sauce, five-spice powder, and 2 teaspoons water and place over medium-low heat.
- Stir until the butter has melted.
- Drizzle the mixture over the vegetables, top with the nuts, and serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:17.260000037758%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 126.34kcal (6.32%), Fat: 7.82g (12.02%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 6.73g (2.45%), Sugar: 1.98g (2.2%), Cholesterol: 15.05mg (5.02%), Sodium: 205.97mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.37%), Vitamin C: 101.56mg (123.1%), Vitamin K: 119.02µg (113.36%), Folate: 88.1µg (22.03%), Manganese: 0.43mg (21.42%), Vitamin A: 882.18IU (17.64%), Fiber: 3.64g (14.55%), Potassium: 475.69mg (13.59%), Phosphorus: 131.82mg (13.18%), Vitamin B2: 0.2mg (11.7%), Vitamin B6: 0.22mg (11.19%), Magnesium: 43.25mg (10.81%), Vitamin B1: 0.12mg (7.77%), Copper: 0.15mg (7.33%), Iron: 1.3mg (7.22%), Vitamin B5: 0.71mg (7.07%), Vitamin E: 1.05mg (6.98%), Calcium: 68.04mg (6.8%), Selenium: 4.44µg (6.34%), Zinc: 0.87mg (5.78%), Vitamin B3: 0.94mg (4.68%)