



Creamed Broccoli with Parmesan

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds broccoli
- ☐ 2 garlic cloves peeled smashed
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 3 tablespoons parmesan grated

Equipment

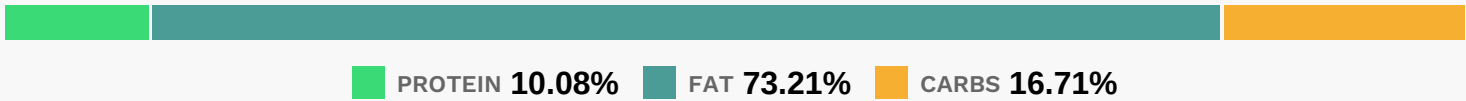
- ☐ sauce pan

- ☐ potato masher
- ☐ colander

Directions

- ☐ Peel broccoli stems, then coarsely chop stems and florets. Cook broccoli in boiling salted water (1 1/2 teaspoons salt for 4 quarts water) until just tender, 4 to 6 minutes.
- ☐ Drain in a colander and run under cold water to stop cooking.
- ☐ Simmer cream, garlic, nutmeg, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a medium saucepan, uncovered, until slightly thickened and reduced to about 2/3 cup, about 5 minutes.
- ☐ Add broccoli and simmer, mashing with a potato masher, until coarsely mashed and heated through, about 2 minutes.
- ☐ Remove from heat and stir in parmesan and lemon juice.
- ☐ Broccoli can be boiled 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.03, Inflammation Score:-9, Nutrition Score:19.32652167652%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.12mg, Kaempferol: 11.12mg, Kaempferol: 11.12mg, Kaempferol: 11.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 268.22kcal (13.41%), Fat: 23.03g (35.43%), Saturated Fat: 14.5g (90.6%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.24g (4.71%), Cholesterol: 69.79mg (23.26%), Sodium: 123.2mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.27%), Vitamin C: 127.51mg (154.56%), Vitamin K: 146.58µg (139.6%), Vitamin A: 1787.33IU (35.75%), Folate: 92.21µg (23.05%), Vitamin B2: 0.29mg (17.17%), Manganese: 0.33mg (16.39%), Phosphorus: 156.7mg (15.67%), Calcium: 153.27mg (15.33%), Fiber: 3.74g (14.98%), Potassium: 514.99mg (14.71%), Vitamin B6: 0.29mg (14.57%), Vitamin E: 1.66mg (11.09%), Vitamin B5: 0.99mg (9.91%), Selenium: 6.39µg (9.13%), Magnesium: 36.22mg (9.06%), Vitamin B1: 0.12mg (7.84%), Vitamin D: 0.97µg

(6.47%), Iron: 1.15mg (6.42%), Zinc: 0.85mg (5.65%), Vitamin B3: 0.97mg (4.83%), Copper: 0.08mg (4.15%), Vitamin B12: 0.14µg (2.34%)