



Creamy Broccoli with Cashews

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

Ingredients

- 9 cups broccoli florets fresh
- 2 tablespoons butter
- 0.5 cup cashew pieces coarsely chopped
- 1 teaspoon apple cider vinegar
- 2 teaspoons honey
- 0.3 cup onion chopped
- 0.5 teaspoon paprika
- 0.5 teaspoon salt

8 ounces cream sour

Equipment

bowl

frying pan

sauce pan

steamer basket

Directions

Place broccoli in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 3–4 minutes or until crisp-tender.

Meanwhile, in a small skillet, saute onion in butter until tender.

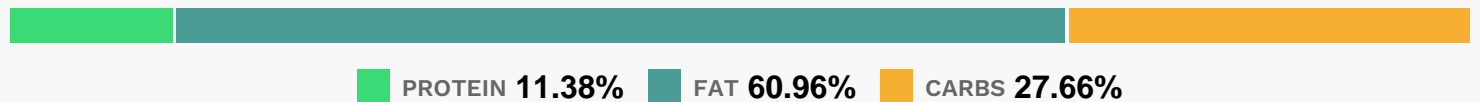
Remove from the heat; stir in the sour cream, honey, vinegar, salt and paprika.

Transfer broccoli to a serving bowl.

Add sour cream mixture and toss to coat.

Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.64, Inflammation Score:-9, Nutrition Score:20.106956523398%

Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 10.74mg, Kaempferol: 10.74mg, Kaempferol: 10.74mg, Kaempferol: 10.74mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 224.57kcal (11.23%), Fat: 16.36g (25.18%), Saturated Fat: 7.22g (45.09%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 12.63g (4.59%), Sugar: 6.47g (7.18%), Cholesterol: 32.33mg (10.78%), Sodium: 282.36mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin C: 122.66mg (148.68%),

Vitamin K: 143.95µg (137.1%), Vitamin A: 1284.73IU (25.69%), Manganese: 0.48mg (24.22%), Folate: 92.49µg (23.12%), Phosphorus: 186.3mg (18.63%), Fiber: 4.08g (16.32%), Magnesium: 64.98mg (16.25%), Potassium: 566.05mg (16.17%), Copper: 0.31mg (15.72%), Vitamin B6: 0.31mg (15.57%), Vitamin B2: 0.24mg (13.87%), Calcium: 109.66mg (10.97%), Vitamin B1: 0.15mg (10.25%), Vitamin B5: 1.02mg (10.21%), Selenium: 7.06µg (10.09%), Iron: 1.8mg (10.02%), Vitamin E: 1.46mg (9.75%), Zinc: 1.33mg (8.9%), Vitamin B3: 1.05mg (5.25%), Vitamin B12: 0.09µg (1.46%)