



Easy Lemon and Garlic Broccoli

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- 1 pound broccoli separated
- 3 tablespoons butter
- 2 cloves garlic minced
- 1 teaspoon ground pepper black
- 2 teaspoons juice of lemon
- 1 pinch salt
- 2 tablespoons water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place broccoli florets in a large skillet over medium heat. Stir 2 teaspoons lemon juice into water in a small bowl and pour the mixture into the skillet. Cover and steam until broccoli is bright green and tender, 10 to 15 minutes.
- While broccoli is steaming, melt butter in a small saucepan over medium-low heat and stir in garlic and salt; turn heat to low and let the garlic gently fry until golden brown, about 8 minutes.
- Drain water from cooked broccoli and return to skillet; sprinkle with 2 more teaspoons lemon juice and the butter and garlic mixture.
- Sprinkle broccoli with black pepper, toss to combine, and season with a bit more pepper if desired.

Nutrition Facts



■ **PROTEIN 10.71%**
■ **FAT 62.76%**
■ **CARBS 26.53%**

Properties

Glycemic Index:36, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:15.534347909948%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 117.88kcal (5.89%), Fat: 8.96g (13.79%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 5.41g (1.97%), Sugar: 2.02g (2.24%), Cholesterol: 22.58mg (7.53%), Sodium: 115.38mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin C: 102.59mg (124.35%), Vitamin K: 117.25µg (111.66%), Vitamin A: 971.89IU (19.44%), Folate: 72.39µg (18.1%), Manganese: 0.33mg (16.37%), Fiber: 3.11g (12.46%), Vitamin B6: 0.22mg (11%), Potassium: 376.1mg (10.75%), Vitamin B2: 0.14mg (8.19%), Phosphorus:

80.65mg (8.06%), Vitamin E: 1.14mg (7.59%), Vitamin B5: 0.68mg (6.81%), Magnesium: 25.48mg (6.37%), Calcium: 61.13mg (6.11%), Vitamin B1: 0.09mg (5.68%), Iron: 0.91mg (5.03%), Selenium: 3.18µg (4.54%), Vitamin B3: 0.75mg (3.74%), Copper: 0.07mg (3.42%), Zinc: 0.5mg (3.33%)