



Flash-Roasted Broccoli with Spicy Crumbs

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds broccoli trimmed cut into long spears
- ☐ 2 tablespoons dijon mustard
- ☐ 1 clove garlic sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 2 ounces pepperoni sliced
- ☐ 30 servings salt

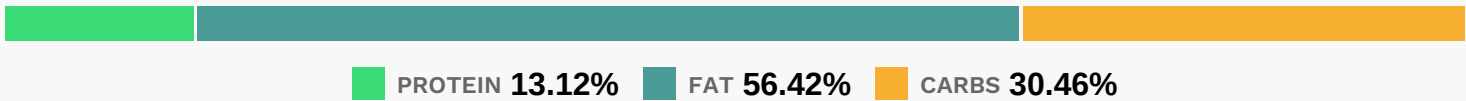
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 42
- ☐ In a mini food processor, pulse the pepperoni with the garlic until finely chopped.
- ☐ Add the panko and pulse just to combine.
- ☐ In a medium skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the crumb mixture and cook over moderate heat, stirring, until crisp and golden, about 5 minutes. Scrape onto a plate and let cool.
- ☐ Meanwhile, in a bowl, toss the broccoli with the remaining 1/4 cup of olive oil and season with salt.
- ☐ Spread the broccoli on a baking sheet and roast for about 15 minutes, turning once, until tender and browned in spots.
- ☐ Spread the mustard on one side of the broccoli and press the broccoli into the crumbs.
- ☐ Transfer the broccoli to a platter, sprinkle with any remaining crumbs and serve.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:5.0552174436009%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 44.38kcal (2.22%), Fat: 2.93g (4.5%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.65g (0.73%), Cholesterol: 1.83mg (0.61%), Sodium: 259.32mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin C: 27.01mg (32.74%), Vitamin K: 32.19µg (30.65%), Folate: 21.36µg (5.34%), Manganese: 0.1mg (4.97%), Vitamin A: 189.11IU (3.78%), Fiber: 0.92g (3.69%), Vitamin E: 0.52mg (3.46%), Vitamin B6: 0.06mg (3.21%), Vitamin B1: 0.05mg (3.2%), Selenium: 2.16µg (3.09%), Potassium: 106.61mg (3.05%), Vitamin B2: 0.05mg (2.89%), Phosphorus: 27.48mg (2.75%), Vitamin B3: 0.43mg (2.13%), Vitamin B5: 0.21mg (2.1%), Iron: 0.37mg (2.07%), Magnesium: 8.06mg (2.02%), Calcium: 19.18mg (1.92%), Zinc: 0.21mg (1.38%), Copper: 0.02mg (1.14%)