



Garlic and Red Pepper Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 4 cups broccoli florets steamed
- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 garlic cloves sliced
- ☐ 0.3 teaspoon salt

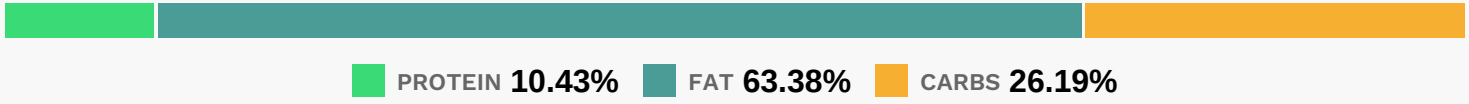
Equipment

- ☐ frying pan

Directions

Heat canola oil, garlic, and crushed red pepper in a skillet over medium-high heat; saut 1 minute. Toss with steamed broccoli florets and salt.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:13.929130305415%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 96.53kcal (4.83%), Fat: 7.37g (11.33%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.58g (1.75%), Cholesterol: 0mg (0%), Sodium: 177.8mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin C: 81.87mg (99.24%), Vitamin K: 97.98µg (93.32%), Folate: 57.43µg (14.36%), Vitamin E: 1.98mg (13.23%), Vitamin A: 604.2IU (12.08%), Manganese: 0.23mg (11.56%), Fiber: 2.46g (9.83%), Vitamin B6: 0.19mg (9.49%), Potassium: 299.05mg (8.54%), Vitamin B2: 0.11mg (6.48%), Phosphorus: 63.88mg (6.39%), Vitamin B5: 0.54mg (5.36%), Magnesium: 19.86mg (4.97%), Calcium: 47.35mg (4.73%), Vitamin B1: 0.07mg (4.63%), Iron: 0.73mg (4.03%), Selenium: 2.62µg (3.74%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.41mg (2.7%), Copper: 0.05mg (2.63%)