



Garlic Baby Broccoli

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- 2 lb broccoli trimmed
- 0.3 cup chicken broth unsalted (from 32-oz carton)
- 6 garlic clove sliced
- 3 tablespoons olive oil extra virgin extra-virgin
- 6 servings salt and pepper

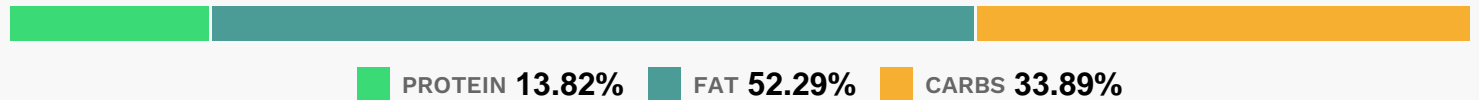
Equipment

- frying pan
- sauce pan

Directions

- In 4-quart saucepan, heat 1 inch water to boiling.
- Add broccoli; cook over high heat 3 to 4 minutes or just until stalks are crisp-tender.
- Drain; set aside.
- In 12-inch skillet, heat oil over medium-high heat.
- Add garlic to oil; cook 1 to 2 minutes, stirring occasionally, until light golden brown.
- Add cooked broccoli and broth; simmer over high heat about 2 minutes or until broth is almost completely reduced. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:17.449565152678%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.86mg, Kaempferol: 11.86mg, Kaempferol: 11.86mg, Kaempferol: 11.86mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 118.34kcal (5.92%), Fat: 7.59g (11.68%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 7.08g (2.58%), Sugar: 2.64g (2.94%), Cholesterol: 0.2mg (0.07%), Sodium: 280.66mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Vitamin C: 135.8mg (164.61%), Vitamin K: 158.49µg (150.94%), Folate: 95.34µg (23.84%), Vitamin A: 942.43IU (18.85%), Manganese: 0.37mg (18.63%), Fiber: 3.99g (15.98%), Vitamin B6: 0.3mg (15.09%), Vitamin E: 2.19mg (14.62%), Potassium: 491.69mg (14.05%), Vitamin B2: 0.19mg (10.94%), Phosphorus: 104.77mg (10.48%), Vitamin B5: 0.89mg (8.85%), Magnesium: 32.6mg (8.15%), Calcium: 77.07mg (7.71%), Vitamin B1: 0.12mg (7.69%), Iron: 1.2mg (6.68%), Selenium: 4.25µg (6.07%), Vitamin B3: 1.01mg (5.04%), Zinc: 0.66mg (4.41%), Copper: 0.08mg (4.23%)