



Garlic Broccoli Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1 head broccoli cut into florets
- ☐ 1 pinch cayenne pepper
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons golden raisins
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup pinenuts
- ☐ 1.5 tablespoons rice wine vinegar
- ☐ 1 tablespoon vegetable oil

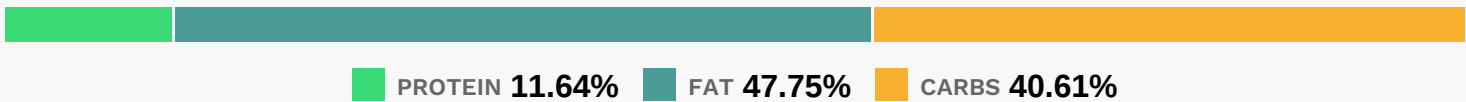
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Cover and bring the water to a boil.
- ☐ Add broccoli, cover, and steam until just tender, 3 to 4 minutes.
- ☐ Rinse broccoli under cold water until chilled; set aside.
- ☐ Heat olive oil in a small skillet over medium heat. Cook and stir pine nuts in the olive oil until lightly toasted, 2 to 3 minutes; remove from heat.
- ☐ Whisk rice vinegar, vegetable oil, garlic, and cayenne pepper in a large bowl.
- ☐ Transfer broccoli, pine nuts, and raisins to rice vinegar dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:6.92, Inflammation Score:-8, Nutrition Score:21.020000063855%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 12.23mg, Kaempferol: 12.23mg, Kaempferol: 12.23mg, Kaempferol: 12.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 184.73kcal (9.24%), Fat: 10.8g (16.61%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 15.9g (5.78%), Sugar: 9.57g (10.63%), Cholesterol: 0mg (0%), Sodium: 52.08mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin C: 136.5mg (165.45%), Vitamin K: 166.88µg (158.93%), Manganese: 1.13mg (56.27%), Folate: 99.04µg (24.76%), Vitamin A: 959.94IU (19.2%), Fiber: 4.75g

(19.01%), Potassium: 621.27mg (17.75%), Vitamin B6: 0.33mg (16.47%), Phosphorus: 164.38mg (16.44%), Vitamin E: 2.42mg (16.11%), Magnesium: 57.51mg (14.38%), Vitamin B2: 0.22mg (12.96%), Copper: 0.23mg (11.58%), Iron: 1.81mg (10.07%), Vitamin B1: 0.14mg (9.51%), Vitamin B5: 0.92mg (9.22%), Calcium: 81.87mg (8.19%), Zinc: 1.22mg (8.15%), Vitamin B3: 1.48mg (7.41%), Selenium: 4.18µg (5.98%)