



Garlic Broccoli Spears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- 1 pound broccoli fresh cut into spears
- 1 garlic clove minced
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

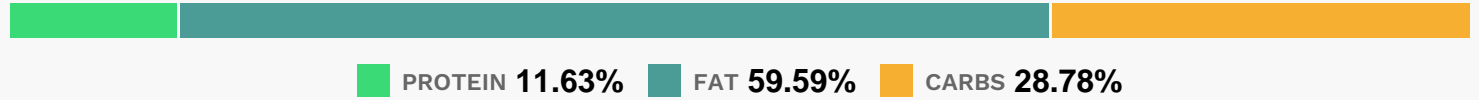
Equipment

- sauce pan

Directions

- Place the broccoli in a saucepan with a small amount of water; cover and cook until crisp-tender. Meanwhile, combine remaining ingredients.
- Drain broccoli and place in a serving dish; add lemon mixture and toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:11.245217406231%

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: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 68.36kcal (3.42%), Fat: 4.96g (7.62%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 122.05mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin C: 68.56mg (83.1%), Vitamin K: 80µg (76.19%), Folate: 48.15µg (12.04%), Vitamin A: 471.4IU (9.43%), Manganese: 0.17mg (8.65%), Vitamin E: 1.27mg (8.44%), Fiber: 1.99g (7.98%), Vitamin B6: 0.14mg (6.99%), Potassium: 244.09mg (6.97%), Vitamin B2: 0.09mg (5.26%), Phosphorus: 50.93mg (5.09%), Vitamin B5: 0.44mg (4.4%), Magnesium: 16.22mg (4.06%), Vitamin B1: 0.06mg (3.69%), Calcium: 36.88mg (3.69%), Iron: 0.59mg (3.3%), Selenium: 1.97µg (2.81%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.32mg (2.12%), Copper: 0.04mg (1.98%)