



Garlic Broccolini



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound broccolini trimmed
- ☐ 1 pinch pepper red crushed
- ☐ 2 garlic clove thinly sliced
- ☐ 4 servings kosher salt
- ☐ 4 teaspoons butter unsalted

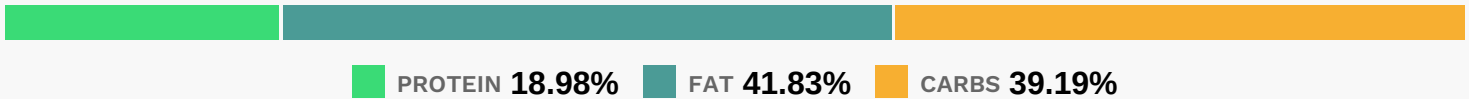
Equipment

- ☐ frying pan

Directions

- ☐ Cook broccolini in boiling salted water 3 minutes or until crisp-tender.
- ☐ Drain and plunge into ice water; drain.
- ☐ Melt butter in a large skillet over medium heat; add garlic cloves and red pepper; saut 30 seconds.
- ☐ Add broccolini, and toss 2 minutes or until heated through. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:7.3800000310268%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.1kcal (4.26%), Fat: 4.07g (6.26%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 7.18g (2.61%), Sugar: 2.69g (2.98%), Cholesterol: 10.75mg (3.58%), Sodium: 228.38mg (9.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin C: 104.52mg (126.69%), Vitamin A: 2134.19IU (42.68%), Calcium: 84.61mg (8.46%), Fiber: 1.4g (5.61%), Iron: 1.01mg (5.59%), Manganese: 0.04mg (1.95%)