



Garlicky Broccoli with Pine Nuts

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



8 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 12 ounce broccoli florets fresh (5 cups)
- 0.3 cup less-sodium chicken broth fat-free
- 3 garlic cloves minced
- 1 tablespoon pinenuts toasted
- 0.3 teaspoon salt

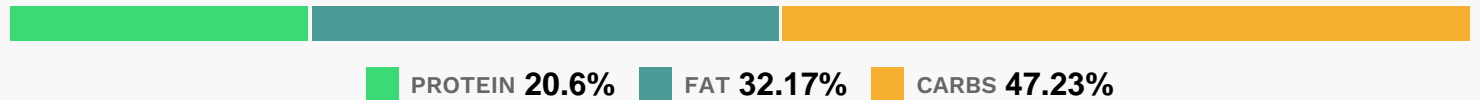
Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add broccoli, and stir-fry 2 to 3 minutes or until broccoli starts to brown.
- Remove from heat; stir in garlic, and let stand 1 minute.
- Add broth, and return to heat. Cover and simmer 1 to 2 minutes or until broccoli is crisp-tender.
- Remove from heat; stir in pine nuts, salt, and pepper.
- Note: Walnuts may be substituted for pine nuts, if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:13.608260796122%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 49.98kcal (2.5%), Fat: 2.06g (3.18%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 4.44g (1.61%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 231.89mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin C: 76.59mg (92.83%), Vitamin K: 88.34µg (84.13%), Manganese: 0.45mg (22.71%), Folate: 54.66µg (13.67%), Vitamin A: 531.46IU (10.63%), Fiber: 2.38g (9.53%), Vitamin B6: 0.18mg (9.07%), Potassium: 298.65mg (8.53%), Phosphorus: 75.71mg (7.57%), Vitamin B2: 0.11mg (6.52%), Magnesium: 25.06mg (6.26%), Vitamin E: 0.9mg (6%), Vitamin B5: 0.53mg (5.27%), Vitamin B1: 0.08mg (5.01%), Iron: 0.83mg (4.61%), Calcium: 45.66mg (4.57%), Copper: 0.09mg (4.29%), Selenium: 2.78µg (3.97%), Vitamin B3: 0.75mg (3.75%), Zinc: 0.54mg (3.6%)