



Garlicky Lemon Broccoli



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 pounds broccoli spears
- ☐ 2 teaspoons butter
- ☐ 2 garlic cloves chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

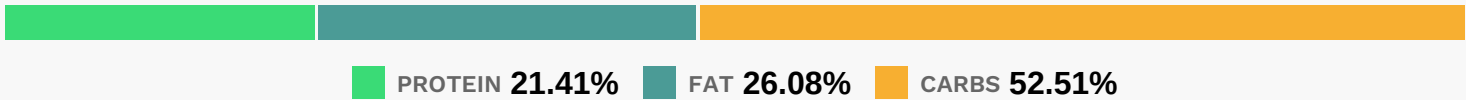
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ peeler

Directions

- ☐ Peel broccoli stems using a vegetable peeler.
- ☐ Combine broccoli and water in a large nonstick skillet; cover and cook over medium-high heat 6 minutes or until crisp-tender.
- ☐ Remove broccoli from pan; wipe pan with a paper towel.
- ☐ Melt butter in pan over medium heat.
- ☐ Add salt, pepper, and garlic; cook 2 minutes, stirring frequently.
- ☐ Add broccoli, and toss to coat.
- ☐ Sprinkle broccoli mixture with rind; drizzle with lemon juice.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:18.119565209941%

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: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 79.09kcal (3.95%), Fat: 2.68g (4.12%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 7.58g (2.76%), Sugar: 2.99g (3.33%), Cholesterol: 5.38mg (1.79%), Sodium: 219.36mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Vitamin C: 153.81mg (186.43%), Vitamin K:

173.9µg (165.62%), Folate: 107.87µg (26.97%), Vitamin A: 1123.4IU (22.47%), Manganese: 0.4mg (19.95%), Fiber: 4.55g (18.18%), Vitamin B6: 0.32mg (15.94%), Potassium: 549.19mg (15.69%), Vitamin B2: 0.2mg (11.91%), Phosphorus: 115.62mg (11.56%), Vitamin B5: 0.99mg (9.93%), Vitamin E: 1.39mg (9.28%), Magnesium: 36.88mg (9.22%), Calcium: 85.61mg (8.56%), Vitamin B1: 0.12mg (8.33%), Iron: 1.29mg (7.15%), Selenium: 4.5µg (6.43%), Vitamin B3: 1.1mg (5.52%), Zinc: 0.72mg (4.83%), Copper: 0.1mg (4.76%)