



Ginger-Sesame Broccoli Rabe



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds broccoli rabe cut into 2-inch pieces rapini
- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon salt

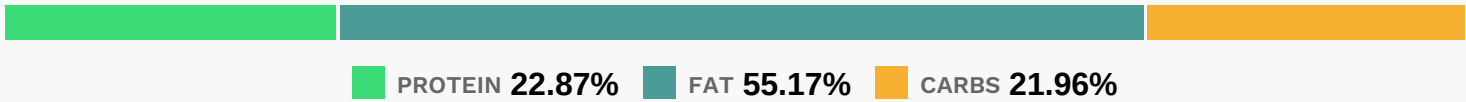
Equipment

☐ frying pan

Directions

- ☐ Cook broccoli rabe in boiling water 3 minutes or until crisp-tender.
- ☐ Drain and plunge into ice water; drain well.
- ☐ Heat canola oil in a large skillet over medium-high heat.
- ☐ Add broccoli rabe, ginger, and garlic to pan; stir-fry 2 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in sesame oil, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:15.713043409845%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 55.66kcal (2.78%), Fat: 3.91g (6.01%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 232.71mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin K: 255.91µg (243.72%), Vitamin A: 2998.05IU (59.96%), Vitamin C: 23.08mg (27.98%), Folate: 94.2µg (23.55%), Manganese: 0.46mg (22.95%), Vitamin E: 2.29mg (15.28%), Iron: 2.45mg (13.63%), Fiber: 3.11g (12.43%), Calcium: 123.82mg (12.38%), Vitamin B1: 0.19mg (12.33%), Vitamin B6: 0.2mg (10.12%), Vitamin B2: 0.15mg (8.69%), Phosphorus: 83.91mg (8.39%), Vitamin B3: 1.4mg (7%), Potassium: 227.31mg (6.49%), Magnesium: 25.35mg (6.34%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.37mg (3.7%), Copper: 0.05mg (2.54%), Selenium: 1.22µg (1.75%)