



Gingered Broccoli with Toasted Sesame Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 4 cups broccoli flowerets
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 1 small bell pepper sweet red cut into 1- x 1/4-inch strips
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sesame seed

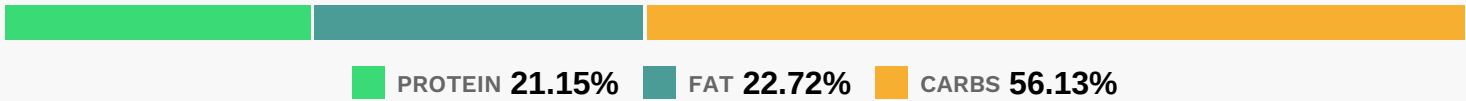
Equipment

☐ frying pan

Directions

- ☐ Place sesame seeds in a small nonstick skillet; cook over medium heat, stirring constantly, 1 to 2 minutes or until seeds are golden.
- ☐ Remove from heat.
- ☐ Cook broccoli in boiling water to cover 3 to 4 minutes; add red pepper. Cook 30 seconds; drain, reserving 1/3 cup liquid.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add gingerroot and garlic; saute 30 seconds.
- ☐ Add reserved liquid; bring to a boil.
- ☐ Add broccoli mixture, sesame oil, and salt; toss gently.
- ☐ Transfer to a serving platter, and sprinkle with toasted sesame seeds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:14.543913074162%

Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 47.4kcal (2.37%), Fat: 1.39g (2.15%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 4.91g (1.78%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 175.59mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 102.5mg (124.24%), Vitamin K: 90.75µg (86.43%), Vitamin A: 1127.63IU (22.55%), Folate: 65.14µg (16.28%), Manganese: 0.25mg (12.35%), Vitamin B6: 0.23mg (11.39%), Fiber: 2.85g (11.38%), Potassium: 332.1mg (9.49%), Vitamin B2: 0.12mg (7.21%), Phosphorus: 70.92mg (7.09%), Vitamin E: 0.99mg (6.62%), Magnesium: 25.15mg (6.29%), Vitamin B5: 0.57mg (5.71%), Vitamin B1: 0.08mg (5.49%), Calcium: 54.13mg (5.41%), Iron: 0.89mg (4.96%), Copper: 0.09mg (4.67%), Vitamin B3: 0.81mg (4.03%), Selenium:

2.68μg (3.83%), Zinc: 0.5mg (3.33%)