



WHATSheATE



## Greg's Awesome Broccoli Salad with Lemon, Garlic and Shitake Mushrooms

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

### Ingredients

- ☐ 1 pound broccoli florets
- ☐ 3 clove garlic cloves peeled roughly chopped
- ☐ 1 lemon left fresh whole
- ☐ 3 ounce shitake mushrooms
- ☐ 4 servings olive oil extra-virgin for garnish
- ☐ 4 servings parmesan cheese as needed grated

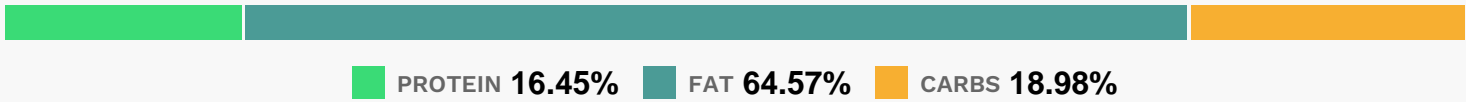
### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave
- ☐ salad spinner

## Directions

- ☐ Heat the olive oil in a small sauce pan and add the garlic. Cook over medium heat about 5–7 minutes until the garlic is fragrant, but not yet browned. Set aside
- ☐ Zest the lemon into a medium sized serving bowl. Then cut it in half and squeeze all it's juice into the same bowl. Avoid getting the seeds into the mixture. Set aside.Clean and slice the mushroom vertically through the cap. Set aside
- ☐ Place the broccoli florets in to a microwave proof bowl and cover it with plastic wrap. Microwave, on high, about 3 minutes, until the brocoli is bright gren and tender crisp.
- ☐ Remove the plastic wrap and run cool water into the bowl, empty and repeat several times to stop the cooking quickly.Using a salad spinner dry the florets as well as possible and add them to the serving bowl with the lemon mixture. Follow this with the garlic pieces and all its oil. Toss the mixture well. Refrigerate until cold and ready to serve.To serve toss the broccoli salad with the reserved mushroom slices and divide the salad evenly among 4 plates.
- ☐ Garnish with Parmesan cheese and olive oil.
- ☐ Serve.

## Nutrition Facts



## Properties

Glycemic Index:29.88, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:21.679999963097%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg

Kaempferol: 8.9mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 304.48kcal (15.22%), Fat: 22.98g (35.36%), Saturated Fat: 6.73g (42.09%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 11.24g (4.09%), Sugar: 3.07g (3.41%), Cholesterol: 26.1mg (8.7%), Sodium: 564.69mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.35%), Vitamin C: 116.61mg (141.34%), Vitamin K: 124.64µg (118.71%), Calcium: 330.37mg (33.04%), Phosphorus: 291.09mg (29.11%), Selenium: 15.74µg (22.49%), Vitamin E: 3.1mg (20.65%), Folate: 79.89µg (19.97%), Vitamin A: 972.11IU (19.44%), Vitamin B2: 0.33mg (19.38%), Manganese: 0.32mg (15.97%), Fiber: 3.96g (15.86%), Potassium: 527.57mg (15.07%), Vitamin B6: 0.29mg (14.72%), Zinc: 1.92mg (12.78%), Vitamin B5: 1.13mg (11.3%), Magnesium: 38.95mg (9.74%), Vitamin B1: 0.12mg (8.08%), Vitamin B3: 1.56mg (7.79%), Copper: 0.15mg (7.59%), Iron: 1.35mg (7.49%), Vitamin B12: 0.41µg (6.89%), Vitamin D: 0.19µg (1.28%)