



Grilled Broccoli

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

Ingredients

- 6 cups broccoli fresh
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.8 cup parmesan cheese grated
- 1 slices pepper red

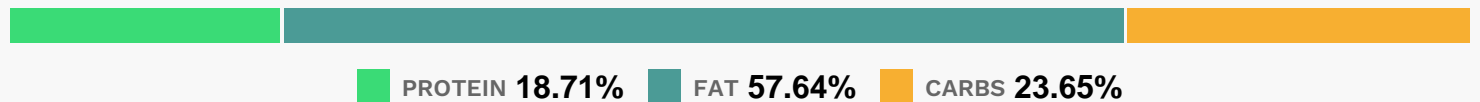
Equipment

- bowl
- frying pan
- grill

Directions

- Place broccoli in a large bowl.
- Combine lemon juice, oil, salt and pepper; drizzle over broccoli and toss to coat.
- Let stand for 30 minutes.
- Toss broccoli; drain broccoli, discarding marinade.
- Place cheese in a small shallow bowl.
- Add broccoli, a few pieces at a time, toss to coat.
- Prepare grill for indirect heat using a drip pan.
- Place broccoli over drip pan on an oiled grill rack. Grill, covered, over indirect medium heat for 8–10 minutes on each side or until crisp–tender. If desired, garnish with grilled lemon slices and red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:14.97347832374%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 125.58kcal (6.28%), Fat: 8.53g (13.12%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.49g (2%), Sugar: 1.64g (1.83%), Cholesterol: 10.88mg (3.63%), Sodium: 347.58mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin C: 80.43mg (97.49%), Vitamin K: 93.09µg (88.66%), Calcium: 153.19mg (15.32%), Folate: 57.25µg (14.31%), Vitamin A: 706.54IU (14.13%), Phosphorus:

138.36mg (13.84%), Manganese: 0.21mg (10.49%), Vitamin E: 1.49mg (9.96%), Fiber: 2.38g (9.53%), Selenium: 6.62µg (9.45%), Potassium: 310.65mg (8.88%), Vitamin B2: 0.15mg (8.74%), Vitamin B6: 0.17mg (8.51%), Zinc: 0.91mg (6.09%), Magnesium: 23.55mg (5.89%), Vitamin B5: 0.55mg (5.54%), Vitamin B1: 0.07mg (4.5%), Iron: 0.77mg (4.26%), Vitamin B3: 0.6mg (2.98%), Vitamin B12: 0.17µg (2.81%), Copper: 0.05mg (2.59%)