



Grilled Broccoli--My Kids Beg for Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 2 heads broccoli cut into large florets
- ☐ 16 fl. oz. balsamic vinaigrette salad dressing kraft® such as

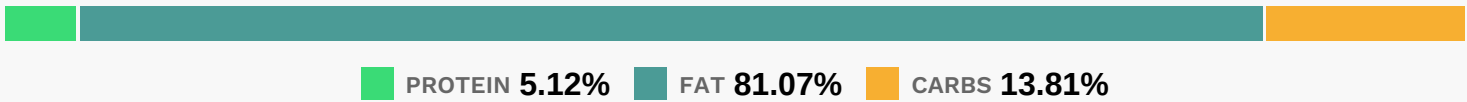
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐
- Place broccoli and salad dressing in a large resealable plastic bag, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours, turning bag occasionally.
- ☐
- Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐
- Drain broccoli.
- ☐
- Grill broccoli on preheated grill until vegetables are tender and browned, turning occasionally, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:20.585217392963%

Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 422.96kcal (21.15%), Fat: 40.26g (61.93%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 10.16g (3.69%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 67.67mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin K: 284.63µg (271.07%), Vitamin C: 180.78mg (219.13%), Vitamin E: 5.22mg (34.77%), Folate: 127.68µg (31.92%), Vitamin A: 1262.61IU (25.25%), Manganese: 0.43mg (21.28%), Fiber: 5.27g (21.08%), Potassium: 646.73mg (18.48%), Vitamin B6: 0.35mg (17.73%), Vitamin B2: 0.24mg (13.95%), Phosphorus: 133.76mg (13.38%), Vitamin B5: 1.16mg (11.61%), Magnesium: 42.56mg (10.64%), Vitamin B1: 0.14mg (9.59%), Calcium: 95.25mg (9.53%), Selenium: 6.33µg (9.04%), Iron: 1.48mg (8.22%), Vitamin B3: 1.29mg (6.48%), Zinc: 0.83mg (5.54%), Copper: 0.1mg (4.97%)