



# Grilled Broccoli with Chipotle-Lime Butter and Queso Fresco

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 heads broccoli trimmed cut into large florets
- ☐ 1 clove garlic finely grated
- ☐ 1 teaspoon honey
- ☐ 1 lime zest finely grated
- ☐ 25 servings olive oil for drizzling
- ☐ 1 cup queso fresco crumbled
- ☐ 25 servings salt

- ☐ 1 tablespoon tabasco chipotle sauce
- ☐ 6 tablespoons butter unsalted softened

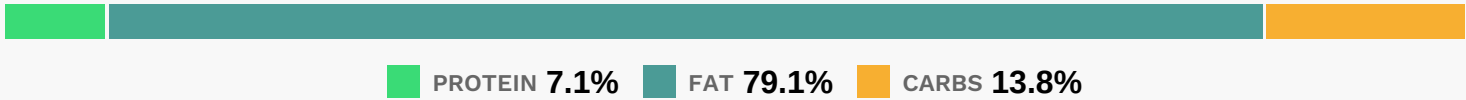
## Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ In a bowl, stir the softened butter with the lime zest, lime juice, Tabasco, honey and garlic and season lightly with salt.
- ☐ Light a grill.
- ☐ Drizzle the broccoli florets with olive oil and season with salt. Grill over moderately high heat, turning the florets occasionally, until crisp-tender and lightly charred, about 8 minutes.
- ☐ Transfer the broccoli to a platter and toss with the lime butter.
- ☐ Garnish with the queso fresco and serve.

## Nutrition Facts



## Properties

Glycemic Index:5.85, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:15.180434755657%

## Flavonoids

Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 7.63mg, Kaempferol: 7.63mg, Kaempferol: 7.63mg, Kaempferol: 7.63mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## Nutrients (% of daily need)

Calories: 197.41kcal (9.87%), Fat: 18.25g (28.08%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 4.56g (1.66%), Sugar: 2.05g (2.28%), Cholesterol: 10.59mg (3.53%), Sodium: 277.02mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin C: 87.98mg (106.64%), Vitamin K: 107.97µg (102.83%), Vitamin E: 2.88mg (19.18%), Folate: 61.98µg (15.5%), Vitamin A: 731.55IU (14.63%), Fiber: 2.61g

(10.44%), Manganese: 0.21mg (10.42%), Potassium: 318.8mg (9.11%), Vitamin B6: 0.18mg (8.88%), Phosphorus: 84.53mg (8.45%), Calcium: 75.57mg (7.56%), Vitamin B2: 0.12mg (7.33%), Vitamin B5: 0.59mg (5.86%), Magnesium: 21.89mg (5.47%), Selenium: 3.44µg (4.91%), Vitamin B1: 0.07mg (4.83%), Iron: 0.82mg (4.57%), Zinc: 0.53mg (3.56%), Vitamin B3: 0.63mg (3.16%), Copper: 0.05mg (2.62%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.18µg (1.21%)