



 **67%**
HEALTH SCORE

Healthy Broccoli Roman Style

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch broccoli peeled sliced cut into florets, stems and
- 5 garlic cloves sliced
- 4 servings kosher salt
- 1 of lemon zest
- 2 teaspoons olive oil
- 2 tablespoons panko breadcrumbs whole-wheat
- 1 pinch pepper flakes red
- 0.3 cup white wine

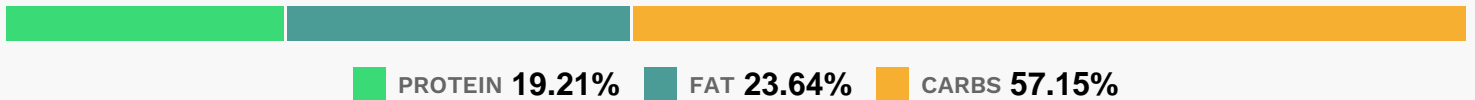
Equipment

- frying pan
- paper towels
- sauce pan
- pot

Directions

- Cook the broccoli in a large pot of salted boiling water until just bright green, about 3 minutes.
- Drain and cool under cold running water.
- Drain again and pat dry with paper towels.
- Heat 2 teaspoons of the oil over medium-high heat in a small saucepan.
- Add the panko and cook, stirring, until the panko is just lightly toasted, 2 to 3 minutes. Set aside.
- Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat.
- Add the garlic and cook, stirring, until it just turns golden around the edges, about 3 minutes. Stir in the wine, pepper flakes and broccoli.
- Sprinkle with salt and cook, stirring frequently, until the broccoli is heated through and the wine has evaporated, about 5 minutes.
- Transfer to a platter and sprinkle with the panko and lemon zest.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.39, Inflammation Score:-8, Nutrition Score:18.322608783193%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.93mg, Kaempferol: 11.93mg, Kaempferol: 11.93mg, Kaempferol: 11.93mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 111.29kcal (5.56%), Fat: 2.85g (4.39%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 11.21g (4.08%), Sugar: 3.14g (3.48%), Cholesterol: 0mg (0%), Sodium: 282.65mg (12.29%), Alcohol: 2.06g (100%), Alcohol %: 1.42% (100%), Protein: 5.21g (10.43%), Vitamin C: 137.08mg (166.15%), Vitamin K: 156.74µg (149.28%), Folate: 101.46µg (25.37%), Manganese: 0.45mg (22.61%), Vitamin A: 954.84IU (19.1%), Fiber: 4.29g (17.16%), Vitamin B6: 0.33mg (16.48%), Potassium: 520.3mg (14.87%), Vitamin B2: 0.21mg (12.09%), Phosphorus: 118.01mg (11.8%), Vitamin B1: 0.17mg (11%), Vitamin E: 1.49mg (9.94%), Vitamin B5: 0.93mg (9.31%), Magnesium: 37.09mg (9.27%), Calcium: 89.74mg (8.97%), Iron: 1.49mg (8.27%), Selenium: 5.62µg (8.03%), Vitamin B3: 1.35mg (6.77%), Zinc: 0.77mg (5.1%), Copper: 0.1mg (4.99%)