



Herbed Broccoli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- 1 lb broccoli fresh
- 2 tablespoons vegetable oil
- 1 teaspoon basil dried fresh chopped
- 1 teaspoon oregano dried fresh chopped
- 0.5 teaspoon salt
- 1 clove garlic finely chopped
- 2 plum tomatoes seeded chopped (Roma)

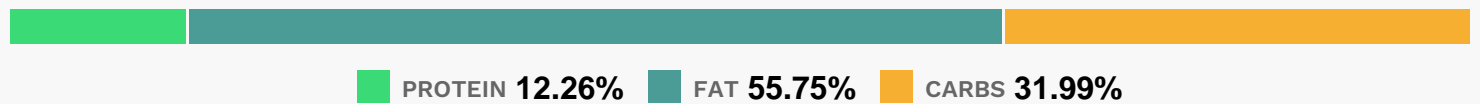
Equipment

- frying pan
- paper towels

Directions

- Cut broccoli into flowerets; cut stems into 1x1/2-inch pieces (4 cups). In 10-inch skillet, heat 1 inch water to boiling.
- Add broccoli.
- Heat to boiling. Boil 5 to 7 minutes or until crisp-tender; drain and set aside. Wipe out and dry skillet with paper towel.
- In same skillet, heat oil over medium heat. Stir in remaining ingredients. Cook about 1 minute, stirring frequently, until hot.
- Add broccoli; toss gently.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:16.354347799135%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 107.27kcal (5.36%), Fat: 7.32g (11.26%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 5.8g (2.11%), Sugar: 2.78g (3.08%), Cholesterol: 0mg (0%), Sodium: 330.1mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 138.03µg (131.46%), Vitamin C: 105.65mg (128.06%), Folate: 78.07µg (19.52%), Vitamin A: 975.13IU (19.5%), Manganese: 0.34mg (16.81%), Fiber: 3.64g (14.57%), Potassium: 447.75mg (12.79%), Vitamin B6: 0.24mg (12.06%), Vitamin E: 1.73mg (11.51%), Vitamin B2: 0.14mg (8.53%), Phosphorus: 84.86mg (8.49%), Magnesium: 30.55mg (7.64%), Iron: 1.34mg (7.43%), Calcium: 71.52mg (7.15%), Vitamin B5: 0.69mg (6.89%), Vitamin B1: 0.09mg (6.3%), Vitamin B3: 0.95mg (4.75%), Selenium: 2.97µg (4.25%), Copper: 0.08mg (4.24%), Zinc: 0.56mg (3.72%)