



Herbed Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

Ingredients

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

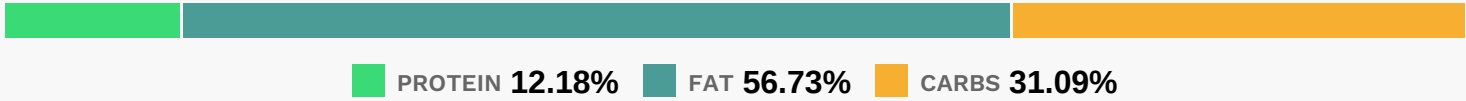
Equipment

- ☐ 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:25, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:15.838260899419%

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: 105.36kcal (5.27%), Fat: 7.29g (11.21%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 5.65g (2.05%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 329.78mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin C: 105.63mg (128.04%), Vitamin K: 130.63µg (124.41%), Vitamin A: 964.77IU (19.3%), Folate: 76.11µg (19.03%), Manganese: 0.29mg (14.34%), Fiber: 3.34g (13.34%), Potassium: 434.88mg (12.43%), Vitamin B6: 0.23mg (11.63%), Vitamin E: 1.61mg (10.72%), Phosphorus: 83.43mg (8.34%), Vitamin B2: 0.14mg (8.2%), Magnesium: 27.42mg (6.85%), Vitamin B5: 0.68mg (6.82%), Vitamin B1: 0.09mg (6.23%), Calcium: 57.93mg (5.79%), Iron: 0.93mg (5.16%), Vitamin B3: 0.91mg (4.57%), Selenium: 2.94µg (4.2%), Copper: 0.08mg (3.82%), Zinc: 0.53mg (3.51%)