



WHATSheATE



Herby broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

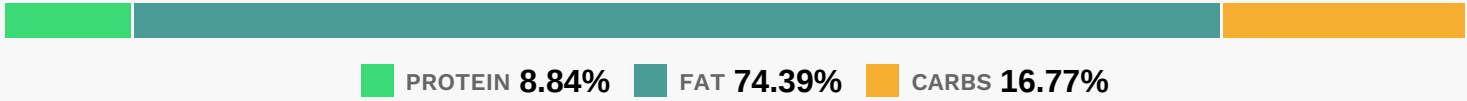
- ☐ 300 g long-stem broccoli
- ☐ 1 small bunch mint leaves chopped
- ☐ 145 g basil pesto (or vegetarian alternative)
- ☐ 2 tbsp pinenuts toasted

Equipment

Directions

- ☐
- Steam the broccoli for 5–8 mins until tender. Meanwhile, stir the mint leaves into the pesto.
- ☐
- Put the broccoli on a serving dish, drizzle over the minted pesto and sprinkle with the toasted pine nuts.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:13.898695468903%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 200.14kcal (10.01%), Fat: 17.12g (26.34%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 5.89g (2.14%), Sugar: 2.61g (2.91%), Cholesterol: 2.9mg (0.97%), Sodium: 364.1mg (15.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin C: 67.26mg (81.52%), Vitamin K: 79.19µg (75.42%), Manganese: 0.61mg (30.47%), Vitamin A: 1241.98IU (24.84%), Folate: 50.09µg (12.52%), Fiber: 2.8g (11.18%), Calcium: 96.84mg (9.68%), Phosphorus: 78.98mg (7.9%), Potassium: 272.54mg (7.79%), Magnesium: 29.1mg (7.27%), Vitamin E: 1.05mg (7.01%), Vitamin B6: 0.14mg (6.86%), Iron: 1.09mg (6.03%), Vitamin B2: 0.1mg (5.99%), Copper: 0.11mg (5.3%), Vitamin B1: 0.07mg (4.82%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.64mg (4.27%), Vitamin B3: 0.72mg (3.58%), Selenium: 1.91µg (2.73%)