

How to Steam Broccoli Perfectly Every Time



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch broccoli
- ☐ 2 servings olive oil (use olive oil if cooking vegan)
- ☐ 2 servings pepper black freshly ground
- ☐ 2 servings lemon zest
- ☐ 2 servings almonds toasted
- ☐ 2 servings meat from a rotisserie chicken
- ☐ 2 servings beef
- ☐ 2 servings fatty pork

- ☐ 2 servings fish and seafood
- ☐ 2 servings pasta and noodles

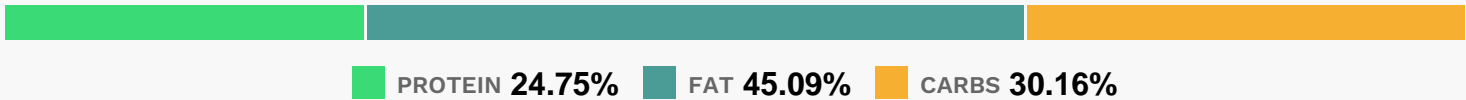
Equipment

- ☐ sauce pan

Directions

- ☐ Cut the crowns away from the large stems of the broccoli. Break the crown up into bite-sized florets. Rinse the broccoli florets thoroughly.
- ☐ Peel and discard the thick outer skin of the stems. Slice the stems or cut them into quarters lengthwise.
- ☐ Bring steamer water to a boil:
- ☐ Place 3/4 to 1 inch of water in a saucepan with a steamer and bring to a boil. (Note that is you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.)
- ☐ Add broccoli, steam 5 to 6 min:
- ☐ Add the broccoli to the steamer and cover; reduce heat to medium and let cook for 5–6 minutes. The broccoli is done when you can pierce it with a fork. As soon as it is pierce-able, remove from heat, place in serving dish.
- ☐ Note that green vegetables like broccoli will turn from vibrant green to drab olive green at about the 7 minute mark of cooking. So, watch the time, and don't let the broccoli overcook!
- ☐ Dress with your favorite topping: Dress to taste with butter, olive oil, mayonnaise, lemon zest or juice, seasoned rice vinegar, balsamic vinegar, ground black pepper, toasted almonds, or sesame seeds.

Nutrition Facts



Properties

Glycemic Index:120.5, Glycemic Load:21.09, Inflammation Score:-10, Nutrition Score:48.365652229475%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 838.03kcal (41.9%), Fat: 42.51g (65.39%), Saturated Fat: 12.81g (80.06%), Carbohydrates: 63.97g (21.32%), Net Carbohydrates: 53.3g (19.38%), Sugar: 6.71g (7.46%), Cholesterol: 144.61mg (48.2%), Sodium: 264.05mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.48g (104.97%), Vitamin C: 272.91mg (330.8%), Vitamin K: 319.99µg (304.75%), Selenium: 74.9µg (107%), Vitamin B3: 14.31mg (71.55%), Manganese: 1.39mg (69.7%), Vitamin B6: 1.34mg (66.75%), Phosphorus: 655.21mg (65.52%), Folate: 222.33µg (55.58%), Zinc: 7.66mg (51.09%), Potassium: 1565.61mg (44.73%), Fiber: 10.67g (42.66%), Vitamin A: 2049.73IU (40.99%), Magnesium: 158.47mg (39.62%), Vitamin B2: 0.67mg (39.35%), Iron: 6.77mg (37.61%), Copper: 0.74mg (37.24%), Vitamin B12: 2.18µg (36.38%), Vitamin B5: 3.42mg (34.21%), Vitamin B1: 0.44mg (29.29%), Calcium: 261.18mg (26.12%), Vitamin E: 3.26mg (21.75%), Vitamin D: 0.34µg (2.27%)