



HEALTH SCORE

53%

Kid-Approved Roasted Broccoli



Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound broccoli florets cut into 1-inch pieces
- ☐ 2 tablespoons currants dried
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh grated

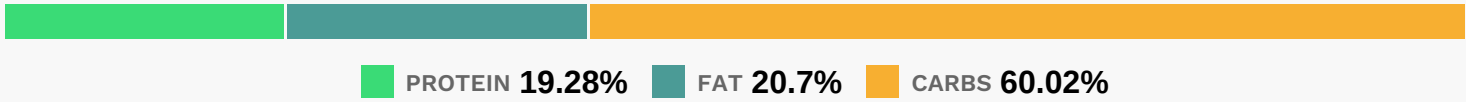
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place a large cast-iron skillet in the oven.
- ☐ Preheat oven to 50
- ☐ Remove preheated skillet from oven.
- ☐ Add broccoli and oil; stir well.
- ☐ Bake at 500 for 8 minutes, stirring after 6 minutes.
- ☐ Combine broccoli, cheese, and remaining ingredients in a bowl; toss gently.
- ☐ Serve immediately.
- ☐ Tip: If you're buying whole heads of broccoli, cut off the florets, and then cut the top half of the stems into 1/3-inch coins. Toss them in with the florets to roast. They're delicious!

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:11.549130383879%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 53.15kcal (2.66%), Fat: 1.39g (2.14%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 6.81g (2.47%), Sugar: 4.44g (4.94%), Cholesterol: 1.13mg (0.38%), Sodium: 150.76mg (6.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 68.53mg (83.07%), Vitamin K: 77.84µg (74.14%), Folate: 48.34µg (12.09%), Vitamin A: 488.44IU (9.77%), Manganese: 0.19mg (9.67%), Fiber: 2.28g (9.11%), Potassium: 281.48mg (8.04%), Vitamin B6: 0.15mg (7.5%), Phosphorus: 66.62mg (6.66%), Calcium: 60.99mg (6.1%), Vitamin B2: 0.1mg (5.99%), Magnesium: 18.65mg (4.66%), Vitamin E: 0.7mg (4.65%), Vitamin B5: 0.45mg (4.46%), Vitamin B1: 0.06mg (4.19%), Iron: 0.68mg (3.76%), Selenium: 2.31µg (3.3%), Vitamin B3: 0.57mg

(2.86%), Copper: 0.05mg (2.71%), Zinc: 0.38mg (2.51%)