



Lemon-Balsamic Broccoli

 Vegetarian  Gluten Free

READY IN



6 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- 1 teaspoon balsamic vinegar
- 12 ounce broccoli florets fresh
- 1 tablespoon butter
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.3 teaspoon salt

Equipment

- bowl

microwave

Directions

- Cook broccoli according to package directions; keep warm.
- Combine butter and remaining ingredients in a small microwave-safe bowl. Microwave at HIGH 30 seconds or until butter melts.
- Pour butter mixture over broccoli; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:12.343043383373%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 55.62kcal (2.78%), Fat: 3.16g (4.86%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.69g (1.87%), Cholesterol: 7.53mg (2.51%), Sodium: 196.24mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin C: 76.99mg (93.32%), Vitamin K: 86.99µg (82.85%), Folate: 54µg (13.5%), Vitamin A: 617.64IU (12.35%), Fiber: 2.27g (9.07%), Manganese: 0.18mg (9.04%), Potassium: 273.11mg (7.8%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.1mg (5.96%), Phosphorus: 57.37mg (5.74%), Vitamin E: 0.75mg (4.98%), Vitamin B5: 0.49mg (4.94%), Magnesium: 18.23mg (4.56%), Calcium: 41.99mg (4.2%), Vitamin B1: 0.06mg (4.08%), Iron: 0.64mg (3.54%), Selenium: 2.17µg (3.09%), Vitamin B3: 0.55mg (2.74%), Zinc: 0.36mg (2.37%), Copper: 0.04mg (2.14%)