



Lemon Broccoli

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 pound broccoli trimmed cut into florets
- 0.1 teaspoon pepper red crushed
- 0.5 cup less-sodium chicken broth fat-free
- 2 garlic cloves chopped
- 2 teaspoons juice of lemon fresh
- 0.1 teaspoon lemon rind grated
- 2 teaspoons olive oil
- 0.5 teaspoon salt

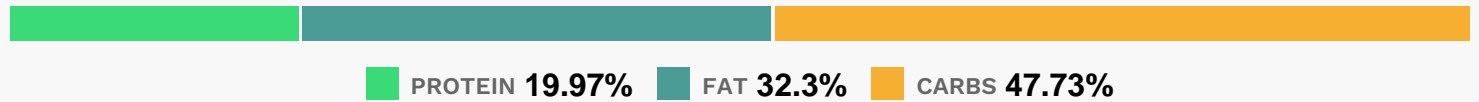
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet coated with cooking spray.
- Add broccoli and garlic. Saut 6 to 8 minutes or until crisp-tender.
- Remove broccoli mixture; keep warm.
- Add broth and next 4 ingredients to pan. Bring to a boil. Cook 3 minutes or until liquid is reduced to 1/4 cup.
- Add broccoli mixture, and cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.61, Inflammation Score:-7, Nutrition Score:15.285217448421%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 60.36kcal (3.02%), Fat: 2.49g (3.83%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 5.26g (1.91%), Sugar: 2.06g (2.28%), Cholesterol: 0mg (0%), Sodium: 445.51mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin C: 102.67mg (124.45%), Vitamin K: 116.96µg (111.39%), Folate: 72.3µg (18.07%), Vitamin A: 725.32IU (14.51%), Manganese: 0.27mg (13.42%), Fiber: 3.02g (12.06%), Vitamin B6: 0.22mg (11.18%), Potassium: 376.84mg (10.77%), Vitamin B2: 0.14mg (8.31%), Phosphorus: 80.65mg (8.07%), Vitamin E: 1.2mg (8.01%), Vitamin B5: 0.7mg (6.97%), Magnesium: 24.73mg (6.18%), Calcium: 57.79mg (5.78%), Vitamin B1: 0.09mg (5.75%), Selenium: 3.69µg (5.27%), Iron: 0.92mg (5.11%), Vitamin B3: 0.9mg (4.52%), Copper: 0.07mg (3.34%), Zinc: 0.49mg (3.29%)