

Lemon Broccoli with Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 large bunch broccoli cut into florets
- 4 garlic clove minced
- 0.3 cup juice of lemon
- 0.5 cup olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

Equipment

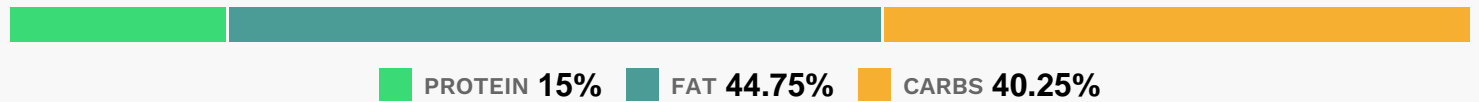
- bowl

- sauce pan
- steamer basket

Directions

- Place broccoli in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 6–8 minutes or until crisp–tender.
- Meanwhile, in a small bowl, combine the remaining ingredients. Immediately place broccoli in ice water.
- Drain and pat dry.
- Place in a large bowl.
- Pour oil mixture over broccoli; toss to coat. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:14.594347767208%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 71.6kcal (3.58%), Fat: 4.01g (6.17%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 5.4g (1.96%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 130.86mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin C: 94.95mg (115.09%), Vitamin K: 105.63µg (100.6%), Folate: 65.94µg (16.49%), Manganese: 0.25mg (12.65%), Vitamin A: 632.32IU (12.65%), Fiber: 2.72g (10.87%), Vitamin B6: 0.21mg (10.35%), Potassium: 339.31mg (9.69%), Vitamin E: 1.33mg (8.84%), Vitamin B2: 0.12mg (7.2%), Phosphorus: 70.82mg (7.08%), Vitamin B5: 0.61mg (6.06%), Magnesium: 22.46mg (5.62%), Vitamin B1: 0.08mg (5.23%), Calcium: 52.14mg (5.21%), Iron: 0.81mg (4.48%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.67mg (3.36%), Zinc: 0.44mg (2.96%), Copper: 0.06mg (2.89%)