



Lemon Broccolini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black freshly ground
- 1 pound broccolini
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 1 tablespoon olive oil
- 0.3 teaspoon salt

Equipment

- bowl

whisk

Directions

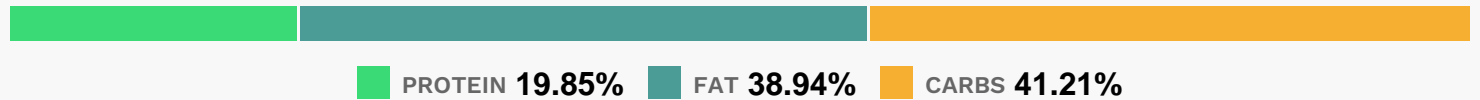
Wash and trim the broccolini and steam for 5 minutes, until it is crisp yet tender.

Drain.

In a small bowl, whisk together the oil, zest, lemon juice, salt and pepper.

Drizzle the dressing over the broccolini and toss to coat.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:5.6408695309706%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.51kcal (2.63%), Fat: 2.34g (3.6%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.63g (1.69%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 119.22mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin C: 70.77mg (85.78%), Vitamin A: 1334.51IU (26.69%), Calcium: 54.12mg (5.41%), Fiber: 0.94g (3.76%), Iron: 0.66mg (3.68%), Vitamin E: 0.34mg (2.27%), Vitamin K: 1.43µg (1.36%)