



Lemon Broccolini

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread baguette cubes french ()
- ☐ 1.5 pounds broccolini fresh
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 tablespoon olive oil

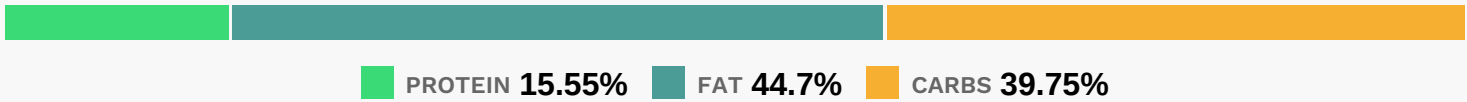
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Process bread in a food processor 30 seconds to 1 minute or until coarsely crumbled.
- ☐ Melt butter with garlic in a large skillet over medium heat; add breadcrumbs, and cook, stirring constantly, 2 to 3 minutes or until golden brown.
- ☐ Remove from heat, and stir in parsley and lemon zest.
- ☐ Cook Broccolini in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain well. Toss Broccolini with lemon juice, olive oil, and salt and freshly ground pepper to taste.
- ☐ Transfer to a serving platter, and sprinkle with breadcrumb mixture.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:8.327391455031%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.75kcal (4.84%), Fat: 4.93g (7.58%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 8.47g (3.08%), Sugar: 2.53g (2.81%), Cholesterol: 7.53mg (2.51%), Sodium: 81.35mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin C: 81.6mg (98.91%), Vitamin A: 1673.21IU (33.46%), Vitamin K: 18.05µg (17.19%), Calcium: 72.6mg (7.26%), Iron: 1.06mg (5.89%), Fiber: 1.39g (5.55%), Manganese: 0.09mg (4.59%), Selenium: 2.11µg (3.02%), Vitamin E: 0.36mg (2.41%), Vitamin B1: 0.03mg (2.12%), Folate: 8.4µg (2.1%), Vitamin B3: 0.41mg (2.07%), Vitamin B2: 0.02mg (1.25%), Phosphorus: 11.38mg (1.14%)