



 **61%**
HEALTH SCORE

Lemon Pepper Broccoli

 Vegetarian  Gluten Free  Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



49 kcal

SIDE DISH

Ingredients

- 4 cups broccoli florets fresh
- 0.5 teaspoon lemon pepper
- 1 tablespoon butter light
- 1 tablespoon water

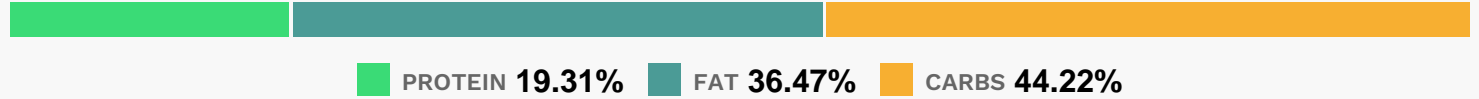
Equipment

- bowl
- plastic wrap
- microwave

Directions

- Place broccoli and water in a medium microwave-safe bowl. Cover with plastic wrap. Microwave at HIGH 3 minutes or until crisp-tender; drain. Toss broccoli with butter and lemon pepper.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:13.214347696823%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 49.03kcal (2.45%), Fat: 2.27g (3.5%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 3.77g (1.37%), Sugar: 1.55g (1.72%), Cholesterol: 3.71mg (1.24%), Sodium: 31.53mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin C: 81.17mg (98.39%), Vitamin K: 93.4µg (88.95%), Folate: 57.41µg (14.35%), Vitamin A: 627.73IU (12.55%), Manganese: 0.22mg (11.15%), Fiber: 2.43g (9.72%), Potassium: 293.37mg (8.38%), Vitamin B6: 0.16mg (8.02%), Vitamin B2: 0.11mg (6.43%), Phosphorus: 61.65mg (6.16%), Vitamin B5: 0.52mg (5.25%), Vitamin E: 0.77mg (5.12%), Magnesium: 19.75mg (4.94%), Calcium: 45.67mg (4.57%), Vitamin B1: 0.07mg (4.35%), Iron: 0.73mg (4.04%), Selenium: 2.32µg (3.32%), Vitamin B3: 0.58mg (2.93%), Zinc: 0.39mg (2.57%), Copper: 0.05mg (2.43%)