



Lemon-Scented Broccoli Rabe

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli rabe (rapini)
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon garlic powder
- 2 teaspoons lemon rind grated
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 4 quarts water hot

Equipment

- frying pan
- dutch oven

Directions

- Bring 4 quarts hot water to a boil in a large, covered Dutch oven. Trim coarse ends from broccoli rabe.
- Combine garlic powder, salt, and red pepper; set aside.
- Place broccoli rabe in boiling water; cook, uncovered, 5 to 6 minutes or until crisp-tender.
- Drain and plunge broccoli rabe into ice water; drain.
- Heat oil in a large nonstick skillet over medium-high heat. Stir in garlic powder mixture.
- Add broccoli rabe, tossing to coat. Cook, turning every 1 to 2 minutes, until thoroughly heated.
- Sprinkle with lemon rind; toss well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:22.003913153773%

Flavonoids

Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 70.43kcal (3.52%), Fat: 4.36g (6.7%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.71g (0.78%), Cholesterol: 0mg (0%), Sodium: 251.2mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin K: 383.26µg (365.01%), Vitamin A: 4497.51IU (89.95%), Vitamin C: 35.65mg (43.22%), Folate: 141.52µg (35.38%), Manganese: 0.68mg (33.9%), Vitamin E: 3.31mg (22.08%), Calcium: 214.27mg (21.43%), Iron: 3.71mg (20.62%), Fiber: 4.78g (19.1%), Vitamin B1: 0.28mg (18.54%), Vitamin B6: 0.3mg (15.07%), Vitamin B2: 0.22mg (13.05%), Phosphorus: 126.22mg (12.62%), Magnesium: 47.51mg (11.88%), Copper: 0.23mg (11.36%), Vitamin B3: 2.1mg (10.48%), Potassium: 341.97mg (9.77%), Zinc: 1.42mg (9.49%), Vitamin B5: 0.55mg (5.55%), Selenium: 1.82µg (2.6%)