



Lemony Baby Broccoli

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- 1 tablespoon olive oil
- 12 ounces broccoli ends trimmed
- 2 garlic clove thinly sliced
- 1 tablespoon juice of lemon fresh for serving
- 1 serving coarse mustard

Equipment

- frying pan

Directions

- In a large skillet, heat oil over medium.
- Add broccoli, garlic, and, if using, red-pepper flakes. Cook until broccoli is bright green, about 2 minutes.
- Add 1/4 cup water to skillet; cover, and cook until broccoli is crisp-tender, 6 to 8 minutes.
- Add lemon juice, and season with salt and pepper. Toss to combine.
- Serve immediately, garnished with lemon wedges.

Nutrition Facts

PROTEIN 14.43% **FAT 49.12%** **CARBS 36.45%**

Properties

Glycemic Index:23.5, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:12.758260861687%

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 Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 63.68kcal (3.18%), Fat: 3.87g (5.96%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 42.18mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin C: 77.79mg (94.29%), Vitamin K: 88.9µg (84.67%), Folate: 54.46µg (13.62%), Vitamin A: 531.1IU (10.62%), Manganese: 0.21mg (10.47%), Fiber: 2.31g (9.23%), Vitamin B6: 0.17mg (8.5%), Potassium: 280.54mg (8.02%), Vitamin E: 1.18mg (7.86%), Vitamin B2: 0.1mg (6.03%), Phosphorus: 60.08mg (6.01%), Vitamin B5: 0.5mg (5.05%), Magnesium: 19.06mg (4.77%), Vitamin B1: 0.07mg (4.44%), Calcium: 43.74mg (4.37%), Selenium: 2.77µg (3.95%), Iron: 0.69mg (3.83%), Vitamin B3: 0.56mg (2.82%), Zinc: 0.38mg (2.51%), Copper: 0.05mg (2.38%)