



## Lemony Herbed Broccoli

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

### Ingredients

- 1 pound broccoli florets fresh cooked
- 0.3 cup butter
- 0.3 teaspoon basil dried
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.5 teaspoon salt

### Equipment

- frying pan

## Directions

- Melt 1/4 cup butter or margarine in a large skillet over medium heat.
- Add 1 pound cooked fresh broccoli florets, 1 teaspoon grated lemon rind, 1 tablespoon fresh lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon dried basil. Cook broccoli mixture, stirring gently, 3 to 5 minutes or until thoroughly heated.

## Nutrition Facts

**PROTEIN 8.8%** **FAT 70.46%** **CARBS 20.74%**

## Properties

Glycemic Index:13.67, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:11.300434798002%

## 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 Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 94.32kcal (4.72%), Fat: 7.96g (12.24%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.37g (1.52%), Cholesterol: 20.34mg (6.78%), Sodium: 279.63mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin C: 68.83mg (83.43%), Vitamin K: 78.49µg (74.75%), Vitamin A: 707.97IU (14.16%), Folate: 48.58µg (12.15%), Manganese: 0.16mg (8.18%), Fiber: 2.02g (8.1%), Potassium: 245.41mg (7.01%), Vitamin B6: 0.13mg (6.74%), Vitamin B2: 0.09mg (5.46%), Vitamin E: 0.82mg (5.45%), Phosphorus: 52.52mg (5.25%), Vitamin B5: 0.45mg (4.48%), Magnesium: 16.57mg (4.14%), Calcium: 39.45mg (3.95%), Vitamin B1: 0.05mg (3.67%), Iron: 0.6mg (3.32%), Selenium: 1.99µg (2.84%), Vitamin B3: 0.49mg (2.46%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (1.94%)