



WHATSheATE



Long-stem broccoli with sautéed onions & bacon



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 300 g broccoli ends trimmed
- ☐ 1 tsp olive oil
- ☐ 1 onion finely chopped
- ☐ 140 g bacon chopped
- ☐ 2 garlic clove finely chopped

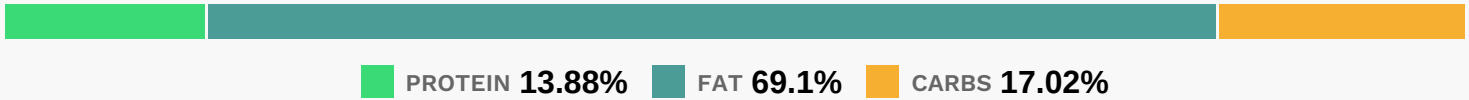
Equipment

- ☐ frying pan

Directions

- ☐ Cook the broccoli for 3 mins in boiling salted water.
- ☐ Drain, run under cold water until completely cooled, then set aside.
- ☐ Heat the oil in a large frying pan.
- ☐ Add the onion and bacon. Cook on a medium heat for about 10 mins, adding the garlic halfway through, until the bacon is crisp and the onions are soft and golden.
- ☐ Add the broccoli to the pan, then toss through to coat in the oil. Cook for a couple more mins until the broccoli is completely heated through. Season with pepper, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.68, Inflammation Score:-7, Nutrition Score:13.799565240093%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg, Kaempferol: 6.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 194.63kcal (9.73%), Fat: 15.33g (23.58%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 6.04g (2.2%), Sugar: 2.46g (2.73%), Cholesterol: 23.1mg (7.7%), Sodium: 257.83mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin C: 69.4mg (84.12%), Vitamin K: 77.31µg (73.63%), Vitamin B6: 0.28mg (13.8%), Selenium: 9.26µg (13.23%), Folate: 52.52µg (13.13%), Manganese: 0.22mg (11.1%), Vitamin B1: 0.17mg (11.03%), Phosphorus: 110.17mg (11.02%), Potassium: 352.48mg (10.07%), Fiber: 2.45g (9.8%), Vitamin B3: 1.93mg (9.65%), Vitamin A: 480.89IU (9.62%), Vitamin B2: 0.13mg (7.36%), Vitamin B5: 0.67mg (6.67%), Vitamin E: 0.9mg (6.03%), Magnesium: 23.08mg (5.77%), Zinc: 0.78mg (5.23%), Calcium: 46.05mg (4.61%), Iron: 0.78mg (4.34%), Copper: 0.07mg (3.33%), Vitamin B12: 0.17µg (2.92%)