

Mushroom Broccoli Medley



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 6 bacon cut into 1/2-inch pieces
- ☐ 4 cups broccoli florets fresh
- ☐ 0.3 cup chicken broth
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 cup spring onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

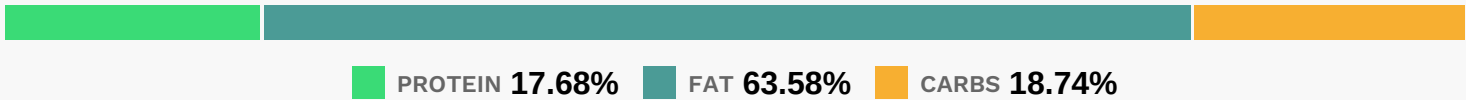
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ In a large skillet, cook bacon over medium heat until crisp.
- ☐ Remove to paper towels.
- ☐ Drain, reserving 2 tablespoons drippings.
- ☐ Saute mushrooms and onions in the drippings for 2–3 minutes or until tender.
- ☐ Add broth, salt if desired and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 3–4 minutes.
- ☐ Meanwhile, in a saucepan, bring broccoli and 1 in. of water to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp–tender.
- ☐ Drain.
- ☐ Add broccoli and bacon to mushroom mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:13.19260860526%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 122.77kcal (6.14%), Fat: 9.1g (14%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 3.91g (1.42%), Sugar: 1.9g (2.11%), Cholesterol: 14.72mg (4.91%), Sodium: 301.82mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.39%), Vitamin K: 79.2µg (75.43%), Vitamin C: 56.35mg (68.31%),

Vitamin B2: 0.23mg (13.53%), Selenium: 9.01µg (12.87%), Vitamin B3: 2.49mg (12.47%), Folate: 49µg (12.25%), Potassium: 362.36mg (10.35%), Phosphorus: 102.78mg (10.28%), Vitamin B6: 0.2mg (10.16%), Vitamin B5: 0.96mg (9.56%), Vitamin A: 469.6IU (9.39%), Vitamin B1: 0.14mg (9.09%), Fiber: 2.12g (8.5%), Manganese: 0.17mg (8.41%), Copper: 0.15mg (7.49%), Magnesium: 20.1mg (5.02%), Zinc: 0.71mg (4.77%), Iron: 0.83mg (4.6%), Vitamin E: 0.62mg (4.14%), Calcium: 37.21mg (3.72%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.15µg (1.01%)