



Orange Broccoli Florets

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1.5 cups broccoli florets fresh
- 2 teaspoons butter
- 1.5 teaspoons flour all-purpose
- 0.3 cup orange juice
- 0.5 teaspoon orange zest grated

Equipment

- sauce pan

Directions

- Place broccoli and 1 in. of water in a saucepan; bring to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp–tender. Meanwhile, in a small saucepan, melt butter. Stir in flour until smooth. Gradually stir in orange juice. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in orange peel.
- Drain broccoli; add orange juice mixture and toss to coat.

Nutrition Facts

 PROTEIN 11.05%  FAT 46.45%  CARBS 42.5%

Properties

Glycemic Index:104.5, Glycemic Load:3.36, Inflammation Score:-7, Nutrition Score:11.556086908864%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 78.95kcal (3.95%), Fat: 4.39g (6.75%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 7.1g (2.58%), Sugar: 3.77g (4.19%), Cholesterol: 10.75mg (3.58%), Sodium: 55.03mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin C: 77.06mg (93.4%), Vitamin K: 70µg (66.67%), Folate: 55.34µg (13.84%), Vitamin A: 614.25IU (12.28%), Potassium: 281.54mg (8.04%), Manganese: 0.16mg (7.89%), Fiber: 1.93g (7.72%), Vitamin B6: 0.13mg (6.68%), Vitamin B1: 0.09mg (5.93%), Vitamin B2: 0.1mg (5.81%), Phosphorus: 53.24mg (5.32%), Vitamin B5: 0.46mg (4.64%), Magnesium: 18.28mg (4.57%), Vitamin E: 0.66mg (4.42%), Calcium: 37.72mg (3.77%), Iron: 0.63mg (3.53%), Selenium: 2.3µg (3.29%), Vitamin B3: 0.66mg (3.28%), Copper: 0.05mg (2.49%), Zinc: 0.31mg (2.08%)