



 **76%**
HEALTH SCORE

Oriental Broccoli

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli trimmed coarsely chopped
- 8 small cherry tomatoes halved
- 2 teaspoons sesame oil dark
- 0.3 teaspoon mustard dry
- 0.5 teaspoon ginger fresh grated peeled
- 2 green onions diagonally sliced
- 1 teaspoon honey
- 3 tablespoons soya sauce low-sodium

0.5 cup water chestnuts sliced

Equipment

bowl

sauce pan

Directions

Arrange broccoli in a vegetable steamer over boiling water. Cover and steam 5 to 8 minutes or until crisp-tender.

Drain; transfer to a serving bowl, and keep warm.

Combine soy sauce and next 4 ingredients in a small saucepan; stir well. Bring to a boil over medium heat.

Pour over broccoli.

Add tomato, water chestnuts, and green onions; toss gently.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:16.686086944912%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.95mg, Kaempferol: 8.95mg, Kaempferol: 8.95mg, Kaempferol: 8.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 79.06kcal (3.95%), Fat: 1.86g (2.86%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 9.79g (3.56%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 330.89mg (14.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin C: 107.47mg (130.26%), Vitamin K: 124.82µg (118.88%), Folate: 82.34µg (20.58%), Vitamin A: 857.22IU (17.14%), Manganese: 0.34mg (16.8%), Fiber: 4.02g (16.07%), Vitamin B6: 0.28mg (13.96%), Potassium: 483.52mg (13.81%), Phosphorus: 102.39mg (10.24%), Vitamin B2: 0.17mg (9.88%), Magnesium: 34.08mg (8.52%), Vitamin E: 1.24mg (8.24%), Iron: 1.42mg (7.88%), Vitamin B5: 0.75mg (7.51%), Vitamin B1: 0.1mg (6.53%), Calcium: 62.52mg (6.25%), Copper: 0.11mg (5.53%), Vitamin B3: 1.07mg (5.35%), Selenium: 3.4µg (4.86%), Zinc: 0.69mg (4.63%)