



Oven-Blasted Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds broccoli fresh
- ☐ 0.8 cup garlic-flavored olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup balsamic vinegar white

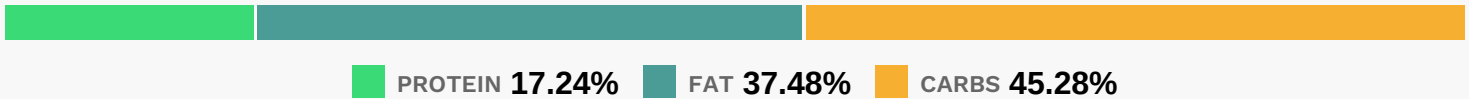
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut florets from broccoli. Peel stalks, and cut diagonally into 1-inch pieces. Toss florets and stalk pieces with oil.
- ☐ Place a 15- x 10-inch jellyroll pan in a 500 oven for 5 minutes; add broccoli in a single layer.
- ☐ Bake at 500, stirring occasionally, 10 minutes.
- ☐ Sprinkle with salt and pepper. Just before serving, drizzle with vinegar.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:14.921739184338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 67.31kcal (3.37%), Fat: 3.12g (4.8%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 5.52g (2.01%), Sugar: 2.72g (3.03%), Cholesterol: 0mg (0%), Sodium: 232.5mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin C: 101.15mg (122.61%), Vitamin K: 117.43µg (111.84%), Folate: 71.46µg (17.86%), Vitamin A: 706.93IU (14.14%), Manganese: 0.26mg (12.81%), Fiber: 2.97g (11.88%), Potassium: 365.46mg (10.44%), Vitamin B6: 0.2mg (9.93%), Vitamin E: 1.27mg (8.49%), Vitamin B2: 0.13mg (7.81%), Phosphorus: 75.98mg (7.6%), Vitamin B5: 0.65mg (6.51%), Magnesium: 24.6mg (6.15%), Calcium: 55.25mg (5.52%), Vitamin B1: 0.08mg (5.37%), Iron: 0.89mg (4.95%), Selenium: 2.84µg (4.06%), Vitamin B3: 0.73mg (3.63%), Zinc: 0.47mg (3.14%), Copper: 0.06mg (2.91%)