



## Parmesan broccoli

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

### Ingredients

- ☐ 900 g broccoli divided trimmed
- ☐ 25 g butter
- ☐ 50 g parmesan grated (or vegetarian alternative)

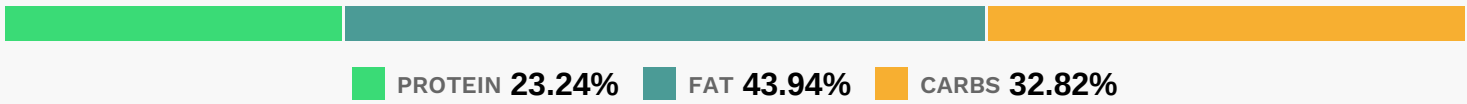
### Equipment

- ☐ frying pan

### Directions

- Drop the broccoli florets into a pan of boiling salted water. Bring back to the boil, cook for 3–5 mins until tender, then drain.
- Melt the butter in a large frying pan and, once sizzling, add the broccoli. Season with salt and pepper and sprinkle in as much of the parmesan as you want to use. Gently stir the florets in the cheese and butter. Scatter on a little more grated parmesan to serve.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:18.006956516401%

## Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 11.76mg, Kaempferol: 11.76mg, Kaempferol: 11.76mg, Kaempferol: 11.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

## Nutrients (% of daily need)

Calories: 113.54kcal (5.68%), Fat: 6.09g (9.36%), Saturated Fat: 3.68g (23%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 6.33g (2.3%), Sugar: 2.62g (2.91%), Cholesterol: 14.63mg (4.88%), Sodium: 209.79mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Vitamin C: 133.8mg (162.18%), Vitamin K: 153.43µg (146.13%), Folate: 95.21µg (23.8%), Vitamin A: 1103.71IU (22.07%), Calcium: 170.17mg (17.02%), Manganese: 0.32mg (15.83%), Phosphorus: 157.83mg (15.78%), Fiber: 3.9g (15.6%), Potassium: 482.67mg (13.79%), Vitamin B6: 0.27mg (13.51%), Vitamin B2: 0.2mg (12.03%), Vitamin B5: 0.9mg (9.02%), Magnesium: 35.25mg (8.81%), Vitamin E: 1.28mg (8.57%), Selenium: 5.67µg (8.1%), Vitamin B1: 0.11mg (7.33%), Iron: 1.16mg (6.47%), Zinc: 0.85mg (5.65%), Vitamin B3: 0.98mg (4.91%), Copper: 0.08mg (3.81%), Vitamin B12: 0.11µg (1.78%)