



Parmesan Broccoli with Cherry Tomatoes

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



25 kcal

SIDE DISH

Ingredients

- 6 cups broccoli florets
- 16 cherry tomatoes halved
- 2 teaspoons thyme leaves fresh chopped
- 0.5 teaspoon ground pepper fresh
- 3 tablespoons parmesan cheese fresh grated
- 0.5 teaspoon salt

Equipment

- bowl

Directions

- Steam broccoli florets, covered, 6 minutes or until crisp-tender; transfer to a large bowl.
- Add remaining ingredients; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:7.681304404593%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 25kcal (1.25%), Fat: 0.52g (0.81%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.35g (1.5%), Cholesterol: 0.85mg (0.28%), Sodium: 134.48mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin C: 46.29mg (56.11%), Vitamin K: 47.2µg (44.95%), Vitamin A: 420.36IU (8.41%), Folate: 31.86µg (7.97%), Manganese: 0.14mg (6.81%), Potassium: 197.5mg (5.64%), Fiber: 1.41g (5.64%), Vitamin B6: 0.1mg (5%), Phosphorus: 45.54mg (4.55%), Calcium: 40.46mg (4.05%), Vitamin B2: 0.06mg (3.77%), Vitamin E: 0.49mg (3.24%), Magnesium: 12.82mg (3.21%), Iron: 0.56mg (3.13%), Vitamin B5: 0.3mg (2.98%), Vitamin B1: 0.04mg (2.75%), Selenium: 1.54µg (2.19%), Copper: 0.04mg (2.14%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.26mg (1.73%)