



Parmesan-Crumb Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup bread whole-wheat
- 1 pound broccoli peeled thinly sliced cut into small pieces, stalks and (6 cups)
- 1 tablespoon thyme leaves fresh
- 2 ounces parmesan grated
- 2 tablespoons butter unsalted

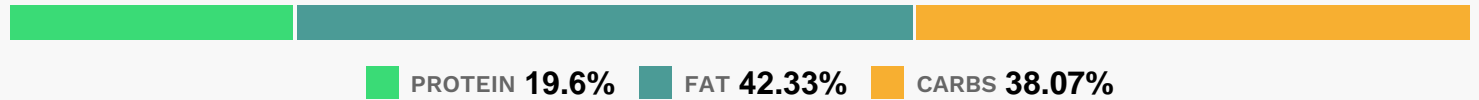
Equipment

- frying pan

Directions

- Cook the broccoli in lightly salted boiling water until crisp-tender, 2 to 4 minutes.
- Drain. Melt the butter in a skillet over medium heat.
- Add the bread crumbs and thyme. Toast until golden, then remove from heat.
- Add the Parmesan, broccoli, and a few grinds of pepper. Toss.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:9.23, Inflammation Score:-10, Nutrition Score:21.339130427526%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg 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: 227.36kcal (11.37%), Fat: 11.13g (17.12%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 18.13g (6.59%), Sugar: 3.74g (4.16%), Cholesterol: 24.69mg (8.23%), Sodium: 405.33mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.19%), Vitamin C: 104.01mg (126.08%), Vitamin K: 118.01µg (112.39%), Manganese: 0.64mg (31.83%), Calcium: 267.3mg (26.73%), Folate: 98.58µg (24.65%), Vitamin A: 1076.39IU (21.53%), Phosphorus: 215.06mg (21.51%), Selenium: 14.62µg (20.88%), Fiber: 4.4g (17.61%), Vitamin B2: 0.27mg (15.59%), Vitamin B1: 0.21mg (13.93%), Iron: 2.33mg (12.92%), Vitamin B6: 0.25mg (12.54%), Vitamin B3: 2.45mg (12.26%), Potassium: 426.74mg (12.19%), Magnesium: 45.29mg (11.32%), Vitamin B5: 0.97mg (9.73%), Zinc: 1.2mg (8.01%), Vitamin E: 1.14mg (7.57%), Copper: 0.12mg (5.8%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.18µg (1.17%)