



Parmesan-Roasted Broccoli



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 pounds broccoli
- ☐ 2 tablespoons basil leaves fresh julienned (12 leaves)
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 2 teaspoons lemon zest grated
- ☐ 6 servings olive oil good

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 3 tablespoons pinenuts toasted

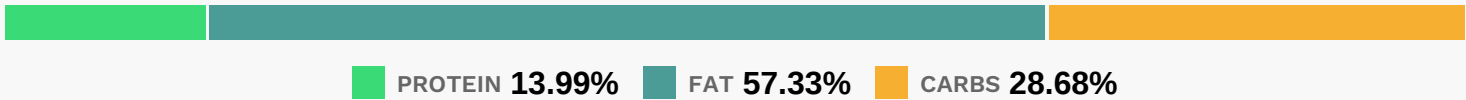
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks.
- ☐ Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets.
- ☐ Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil.
- ☐ Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.
- ☐ Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:28.54086973097%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 23.71mg, Kaempferol: 23.71mg, Kaempferol: 23.71mg, Kaempferol: 23.71mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 288.58kcal (14.43%), Fat: 20.13g (30.97%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 14.43g (5.25%), Sugar: 5.5g (6.11%), Cholesterol: 4.83mg (1.61%), Sodium: 779.25mg (33.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.1%), Vitamin C: 273.32mg (331.29%), Vitamin K: 322.73µg (307.37%), Manganese: 1.14mg (57.21%), Folate: 194.17µg (48.54%), Vitamin A: 1970.32IU (39.41%), Fiber: 8.23g (32.91%), Vitamin E: 4.89mg (32.58%), Potassium: 1014.32mg (28.98%), Vitamin B6: 0.57mg (28.41%), Phosphorus: 267.73mg (26.77%), Vitamin B2: 0.39mg (22.86%), Calcium: 199.27mg (19.93%), Magnesium: 79.62mg (19.91%), Vitamin B5: 1.79mg (17.91%), Vitamin B1: 0.24mg (16.03%), Iron: 2.67mg (14.85%), Selenium: 9.84µg (14.06%), Zinc: 1.84mg (12.26%), Copper: 0.23mg (11.45%), Vitamin B3: 2.19mg (10.93%), Vitamin B12: 0.08µg (1.25%)