



Perfect steamed broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

Ingredients



1 kg broccoli



8 servings broccoli



8 servings cabbage italian



1 serving frangelico



8 servings frangelico

Equipment



frying pan



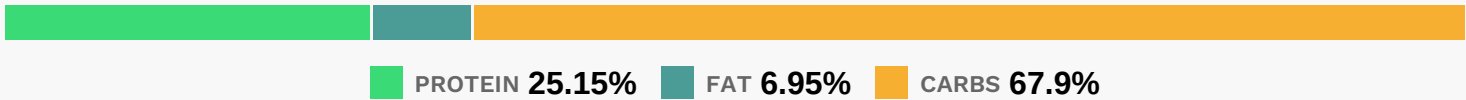
aluminum foil

☐ colander

Directions

- ☐ Snap the broccoli into medium-sized florets. Its important to make them an even size so they all cook at the same rate.
- ☐ Put the florets into a steamer or colander set over a pan of boiling water. Cover with a lid or tight-fitting foil and steam for 5 mins.
- ☐ Meanwhile, place the butter in a small pan and season well.
- ☐ Heat until the butter is foaming. When ready to serve, tip the broccoli into warmed serving dish and drizzle with the butter.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:19.706956490226%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 13.38mg, Kaempferol: 13.38mg, Kaempferol: 13.38mg, Kaempferol: 13.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 74.96kcal (3.75%), Fat: 0.7g (1.07%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 9.14g (3.32%), Sugar: 5.11g (5.68%), Cholesterol: 0mg (0%), Sodium: 68.37mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin K: 225.58µg (214.84%), Vitamin C: 176.37mg (213.78%), Folate: 136.57µg (34.14%), Fiber: 6.14g (24.58%), Manganese: 0.47mg (23.34%), Vitamin A: 1121.47IU (22.43%), Vitamin B6: 0.38mg (19.13%), Potassium: 653.04mg (18.66%), Vitamin B2: 0.23mg (13.28%), Phosphorus: 129.74mg (12.97%), Vitamin B5: 1.12mg (11.17%), Magnesium: 43.89mg (10.97%), Vitamin B1: 0.16mg (10.85%), Calcium: 107.43mg (10.74%), Vitamin E: 1.42mg (9.49%), Iron: 1.56mg (8.68%), Selenium: 4.43µg (6.34%), Vitamin B3: 1.24mg (6.22%), Zinc: 0.82mg (5.46%), Copper: 0.1mg (4.81%)