



Pine Nut and Parmesan Broccoli

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 4 cups broccoli florets steamed
- 2 tablespoons canola oil
- 0.3 teaspoon kosher salt
- 0.3 teaspoon lemon rind grated
- 2 tablespoons parmesan cheese grated
- 2 tablespoons pinenuts toasted

Equipment

Directions

- Add pine nuts, lemon rind, kosher salt, and black pepper to canola oil. Toss with steamed broccoli florets and grated Parmesan cheese.

Nutrition Facts

PROTEIN 10.86% **FAT 69.88%** **CARBS 19.26%**

Properties

Glycemic Index:16, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:15.96608674591%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 137.37kcal (6.87%), Fat: 11.46g (17.63%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.73g (1.93%), Cholesterol: 2.17mg (0.73%), Sodium: 219.26mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin C: 81.37mg (98.63%), Vitamin K: 100.75µg (95.96%), Manganese: 0.65mg (32.48%), Vitamin E: 2.42mg (16.1%), Folate: 59.22µg (14.8%), Vitamin A: 590.75IU (11.82%), Phosphorus: 104.87mg (10.49%), Fiber: 2.6g (10.38%), Potassium: 323.9mg (9.25%), Vitamin B6: 0.17mg (8.33%), Magnesium: 32.77mg (8.19%), Vitamin B2: 0.13mg (7.46%), Calcium: 66.48mg (6.65%), Copper: 0.11mg (5.67%), Vitamin B1: 0.08mg (5.58%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.81mg (5.37%), Iron: 0.97mg (5.37%), Selenium: 3.19µg (4.56%), Vitamin B3: 0.8mg (4.02%)