



Purple sprouting broccoli with Parmesan & herbed crumbs

READY IN



20 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter
- ☐ 4 tbsp olive oil
- ☐ 50 g breadcrumbs white
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 1 tbsp thyme leaves chopped
- ☐ 25 g parmesan grated (or vegetarian alternative)
- ☐ 700 g purple sprouting broccoli
- ☐ 6 servings little olive oil

☐ 6 servings lemon wedges

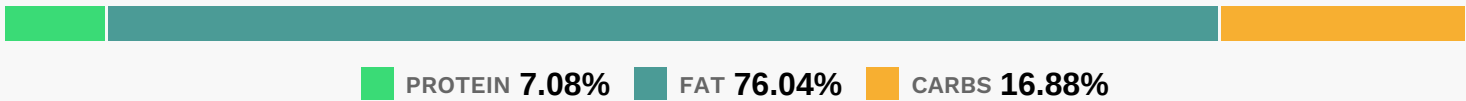
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the butter and olive oil in a large frying pan. When the foaming subsides, add the white breadcrumbs and stir constantly over a high heat until crisp and golden. Season with sea salt and freshly ground black pepper and the chopped thyme leaves. Tip the mixture into a bowl and leave to cool, then stir in grated Parmesan.
- ☐ Add the purple sprouting broccoli to a pan of boiling salted water, so the water just covers it. Cook until tender, about 3–4 minutes.
- ☐ Drain and put back in the pan, drizzle with a little olive oil, season with salt and pepper and reheat, shaking gently.
- ☐ Arrange neatly on a warmed serving dish and scatter over the Parmesan crumbs.
- ☐ Garnish with lemon wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:18.317826111032%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 9.15mg, Kaempferol: 9.15mg, Kaempferol: 9.15mg, Kaempferol: 9.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 326.78kcal (16.34%), Fat: 28.69g (44.14%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 10.7g (3.89%), Sugar: 2.56g (2.85%), Cholesterol: 11.79mg (3.93%), Sodium: 193.65mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin C: 106.46mg (129.05%), Vitamin K: 134.12µg (127.74%), Vitamin E: 4.39mg (29.23%), Folate: 83.49µg (20.87%), Vitamin A: 919.7IU (18.39%), Manganese: 0.36mg (17.78%), Fiber: 3.63g (14.5%), Calcium: 126.08mg (12.61%), Phosphorus: 122.22mg (12.22%), Potassium: 399.88mg (11.43%), Vitamin B2: 0.19mg (11.25%), Vitamin B6: 0.22mg (11.17%), Vitamin B1: 0.17mg (11.09%), Iron: 1.64mg (9.11%), Selenium: 6µg (8.58%), Magnesium: 32.12mg (8.03%), Vitamin B5: 0.75mg (7.46%), Vitamin B3: 1.33mg (6.67%), Zinc: 0.74mg (4.94%), Copper: 0.09mg (4.4%), Vitamin B12: 0.09µg (1.44%)