



Quick Broccoli Skillet

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1 pound broccoli fresh cut into florets
- 2 tablespoons butter
- 3 garlic cloves minced
- 16 ounce grape tomatoes
- 2 tablespoons juice of lemon
- 0.5 teaspoon pepper
- 0.5 bell pepper red chopped
- 0.5 teaspoon salt

Equipment

frying pan

Directions

Cut grape tomatoes in half; set aside.

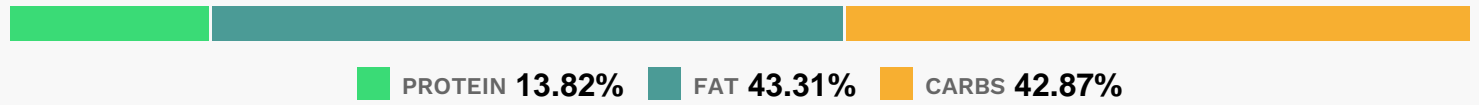
Cook broccoli in boiling water to cover 3 to 5 minutes or until crisp-tender; plunge into ice water to stop the cooking process.

Drain.

Melt butter in a large nonstick skillet over medium-high heat; stir in garlic and lemon juice, and saut 2 minutes. Stir in broccoli; saut 2 minutes. Stir in tomatoes, bell pepper, salt, and 1/2 teaspoon pepper; saut 1 minute.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:15.079130478527%

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: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 79.1kcal (3.96%), Fat: 4.27g (6.57%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 6.34g (2.31%), Sugar: 3.83g (4.26%), Cholesterol: 10.03mg (3.34%), Sodium: 253.26mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Vitamin C: 92.89mg (112.59%), Vitamin K: 84.19µg (80.18%), Vitamin A: 1529.18IU (30.58%), Folate: 64.74µg (16.19%), Manganese: 0.3mg (15.17%), Potassium: 453.53mg (12.96%), Fiber: 3.17g (12.68%), Vitamin B6: 0.24mg (12.16%), Vitamin E: 1.27mg (8.49%), Phosphorus: 74.7mg (7.47%), Vitamin B2: 0.12mg (6.8%), Magnesium: 26.44mg (6.61%), Vitamin B1: 0.09mg (6.11%), Vitamin B5: 0.55mg (5.55%), Vitamin B3: 1.05mg (5.24%), Calcium: 48.78mg (4.88%), Iron: 0.85mg (4.7%), Copper: 0.09mg

(4.55%), Zinc: 0.49mg (3.27%), Selenium: 2.17µg (3.1%)