



Raw, Vegan Cheesy Broccoli Bowl



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp bragg liquid aminos (can substitute soy sauce, wheat-free tamari, or soy-free coconut aminos)
- ☐ 3 cups broccoli florets fresh finely chopped
- ☐ 1 Tbsp coconut oil melted
- ☐ 0.1 tsp garlic powder
- ☐ 1.5 tsp juice of lemon
- ☐ 1 Tbsp nutritional yeast
- ☐ 0.3 tsp paprika
- ☐ 2 Tbsp tahini raw

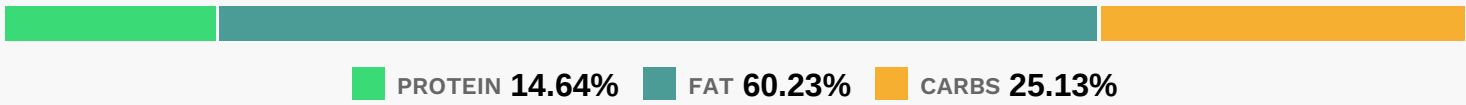
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir: In a small bowl, mix the nutritional yeast, paprika, and garlic powder together. Stir in the tahini.
- ☐ Pour in the Braggs, lemon juice, and coconut oil and whisk thoroughly. If a thinner sauce is desired, add a little water, a tablespoon at a time.
- ☐ Put the broccoli into a larger bowl and pour sauce on top. Toss until evenly coated (for best results, use your hands!)
- ☐ Sprinkle top with hemp seeds and serve. Keeps refrigerated for several days.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:19.893478269162%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 10.7mg, Kaempferol: 10.7mg, Kaempferol: 10.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 208.19kcal (10.41%), Fat: 15.4g (23.69%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 9.14g (3.32%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 50.64mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin C: 123.84mg (150.11%), Vitamin K: 139.5µg (132.86%), Folate: 101.68µg (25.42%), Vitamin B1: 0.34mg (22.54%), Fiber: 5.32g (21.28%), Phosphorus: 210.59mg (21.06%), Vitamin A: 1002.28IU (20.05%), Potassium: 587.92mg (16.8%), Copper: 0.31mg (15.6%), Manganese: 0.29mg (14.68%), Vitamin B6: 0.27mg (13.62%), Selenium: 8.64µg (12.34%), Magnesium: 43.8mg (10.95%), Iron: 1.96mg (10.9%), Vitamin B2: 0.18mg (10.71%), Vitamin B3: 1.75mg (8.76%), Calcium: 86.41mg (8.64%), Zinc: 1.27mg

(8.49%), Vitamin B5: 0.8mg (7.96%), Vitamin E: 1.16mg (7.75%)