

Roasted Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 pound broccoli cut into small pieces 3 cups
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon water

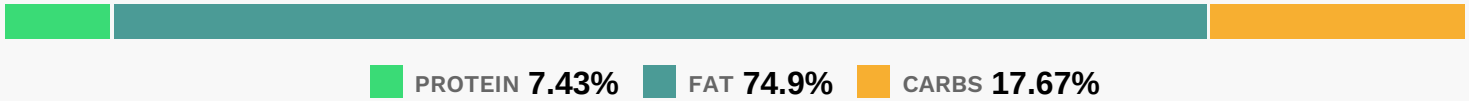
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 500 F. Toss the broccoli with the oil and water in a shallow baking pan. Roast 5 to 7 minutes, turning occasionally, until browned.
- ☐ Remove from oven and toss with the salt and a few grinds of pepper.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:8.6026086859081%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 81.41kcal (4.07%), Fat: 7.21g (11.1%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 164.4mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin C: 50.58mg (61.3%), Vitamin K: 62.21µg (59.25%), Vitamin E: 1.45mg (9.68%), Folate: 35.74µg (8.93%), Vitamin A: 353.78IU (7.08%), Manganese: 0.13mg (6.61%), Fiber: 1.5g (6%), Potassium: 180.6mg (5.16%), Vitamin B6: 0.1mg (4.98%), Vitamin B2: 0.07mg (3.91%), Phosphorus: 37.58mg (3.76%), Vitamin B5: 0.33mg (3.26%), Magnesium: 12.12mg (3.03%), Calcium: 27.36mg (2.74%), Vitamin B1: 0.04mg (2.69%), Iron: 0.46mg (2.58%), Selenium: 1.42µg (2.03%), Vitamin B3: 0.36mg (1.82%), Zinc: 0.23mg (1.56%), Copper: 0.03mg (1.49%)