

health-score78%

HEALTH SCORE

Roasted Broccoli and Feta Salad

VegetarianGluten FreeVery Healthy

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 ounces baby arugula 3 large handfuls
- ☐ 2 heads broccoli cut into florets
- ☐ 2 cups cherry tomatoes
- ☐ 4 ounces feta cheese crumbled
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup plus 2 tablespoons olive oil extra-virgin

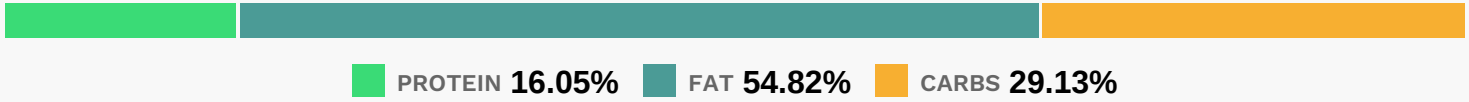
Equipment

- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Add the broccoli florets and cherry tomatoes to a rimmed sheet tray.
- ☐ Drizzle with 1/4 cup olive oil and season with salt and pepper. Toss to coat completely. Roast for 20 to 25 minutes, until the broccoli is tender and lightly golden brown.
- ☐ Toss with arugula and crumbled feta cheese.
- ☐ Drizzle with remaining 2 tablespoons olive oil. Season with salt and pepper and toss.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:24.332608720531%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 20.02mg, Kaempferol: 20.02mg, Kaempferol: 20.02mg, Kaempferol: 20.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 210.69kcal (10.53%), Fat: 13.95g (21.46%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 10.85g (3.94%), Sugar: 4.92g (5.47%), Cholesterol: 16.82mg (5.61%), Sodium: 291.19mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.37%), Vitamin C: 193.87mg (235%), Vitamin K: 226.91µg (216.1%), Folate: 151.66µg (37.91%), Vitamin A: 1866.09IU (37.32%), Manganese: 0.53mg (26.69%), Vitamin B2: 0.42mg (24.58%), Vitamin B6: 0.48mg (24.15%), Fiber: 5.83g (23.33%), Potassium: 805.42mg (23.01%), Phosphorus: 217.66mg (21.77%), Vitamin E: 3.24mg (21.61%), Calcium: 213.32mg (21.33%), Vitamin B5: 1.46mg (14.61%), Magnesium: 56.34mg (14.09%), Vitamin B1: 0.2mg (13.08%), Iron: 2.17mg (12.07%), Selenium: 8.19µg (11.7%), Zinc: 1.5mg (10.01%), Vitamin B3: 1.78mg (8.92%), Copper: 0.15mg (7.65%), Vitamin B12: 0.32µg (5.32%)