



Roasted Broccoli Rabe and Radicchio with Lemon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds broccoli rabe
- ☐ 5 oz optional: lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce thin- pancetta chopped
- ☐ 6 servings bell pepper
- ☐ 8 oz radicchio thinly
- ☐ 0.3 teaspoon salt

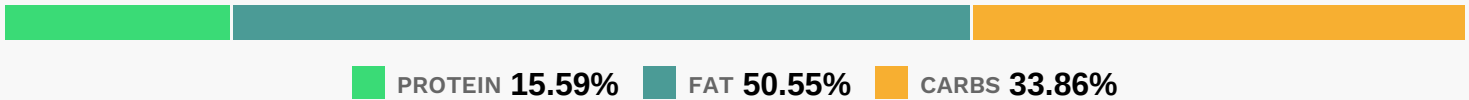
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Rinse and drain broccoli rabe; cut diagonally into 2-inch lengths. Rinse and drain radicchio; core and cut head lengthwise into 1/2-inch-thick slices. Rinse and dry lemon; cut in half lengthwise, then thinly slice crosswise, discarding ends and seeds.
- ☐ In a 12- by 17-inch baking pan, mix broccoli rabe, radicchio, lemon, olive oil, pancetta, and 1/4 teaspoon salt.
- ☐ Transfer half the mixture into another 12- by 17-inch baking pan and spread mixture in both pans level.
- ☐ Roast in a 400 regular or convection oven until broccoli rabe is tender when pierced and radicchio is wilted, about 10 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:24.190869714903%

Flavonoids

Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Eriodictyol: 5.05mg, Eriodictyol: 5.05mg, Eriodictyol: 5.05mg, Eriodictyol: 5.05mg Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 15.27mg, Luteolin: 15.27mg, Luteolin: 15.27mg, Luteolin: 15.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 14.48mg, Quercetin: 14.48mg, Quercetin: 14.48mg, Quercetin: 14.48mg

Nutrients (% of daily need)

Calories: 116.66kcal (5.83%), Fat: 7.39g (11.38%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 6.02g (2.19%), Sugar: 4.31g (4.78%), Cholesterol: 3.12mg (1.04%), Sodium: 171.22mg (7.44%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin K: 314.52µg (299.55%), Vitamin C: 129.99mg (157.57%), Vitamin A: 4827.5IU (96.55%), Folate: 137.98µg (34.5%), Vitamin E: 4.29mg (28.6%), Manganese: 0.52mg (25.84%), Vitamin B6: 0.43mg (21.57%), Fiber: 5.12g (20.47%), Iron: 2.75mg (15.26%), Vitamin B1: 0.22mg (14.79%), Potassium: 498.59mg (14.25%), Calcium: 120.94mg (12.09%), Vitamin B2: 0.2mg (12.02%), Phosphorus: 114.06mg (11.41%), Vitamin B3: 2.19mg (10.96%), Copper: 0.19mg (9.6%), Magnesium: 37.1mg (9.28%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.71mg (7.13%), Selenium: 2.4µg (3.43%)