



Roasted Broccoli with Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons almonds sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 pounds broccoli crowns fresh 3
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

Equipment

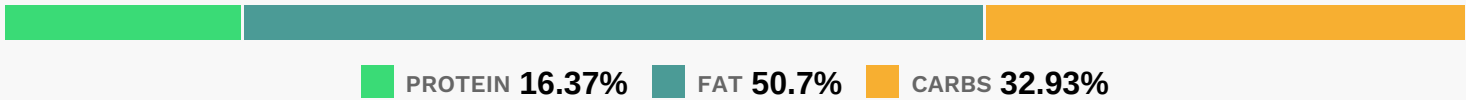
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 47
- ☐ Cut broccoli into 3-inch-long spears; cut thick stems in half lengthwise.
- ☐ Place broccoli in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Combine olive oil and garlic; drizzle broccoli with oil mixture, and toss well.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 475 for 14 minutes (do not stir).
- ☐ While broccoli roasts, cook almonds, stirring constantly, in a small skillet over medium heat 2 minutes or until toasted.
- ☐ Sprinkle roasted broccoli with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:18.863043536311%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 11.14mg, Kaempferol: 11.14mg, Kaempferol: 11.14mg, Kaempferol: 11.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 123.99kcal (6.2%), Fat: 7.77g (11.96%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 6.69g (2.43%), Sugar: 2.74g (3.05%), Cholesterol: 0mg (0%), Sodium: 192.42mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin C: 126.67mg (153.54%), Vitamin K: 146.91µg (139.91%), Manganese: 0.5mg (24.9%), Vitamin E: 3.53mg (23.54%), Folate: 92.64µg (23.16%), Fiber: 4.67g (18.68%), Vitamin A: 883.91IU (17.68%), Vitamin B2: 0.25mg (14.85%), Potassium: 507.63mg (14.5%), Vitamin B6: 0.27mg

(13.4%), Phosphorus: 130.97mg (13.1%), Magnesium: 50.42mg (12.61%), Calcium: 88.83mg (8.88%), Vitamin B5: 0.85mg (8.54%), Vitamin B1: 0.12mg (7.84%), Iron: 1.36mg (7.55%), Copper: 0.15mg (7.54%), Vitamin B3: 1.18mg (5.92%), Selenium: 3.96µg (5.66%), Zinc: 0.83mg (5.5%)