



Roasted Broccoli with Ancho Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 1.5 ounces ancho chiles
- ☐ 4.5 pound broccoli peeled cut lengthwise into large spears, stalks
- ☐ 4 large garlic cloves thinly sliced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup pinenuts
- ☐ 12 servings salt

- ☐ 6 ounces butter unsalted softened
- ☐ 12 servings water boiling

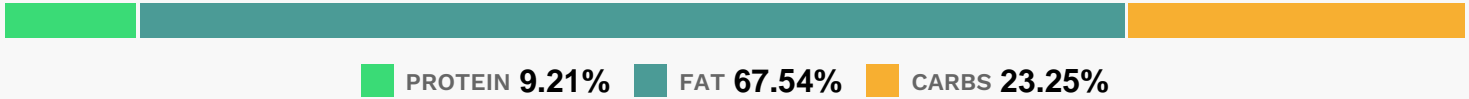
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 45
- ☐ In a heatproof medium bowl, cover the anchos with boiling water and let stand until softened, about 20 minutes.
- ☐ Drain the chiles and pat dry. Discard the stems and seeds, then coarsely chop.
- ☐ Meanwhile, in a small skillet, heat 2 tablespoons of the olive oil until shimmering.
- ☐ Add the pine nuts and cook over moderately high heat, stirring constantly, until lightly browned, about 3 minutes.
- ☐ Add the garlic, cumin and coriander and cook, stirring, until the garlic is softened and the pine nuts are deep golden, about 1 minute longer.
- ☐ Let cool.
- ☐ In a food processor, puree the pine nut mixture with the anchos and butter. Season the ancho butter with salt and scrape into a bowl.
- ☐ In a large bowl, toss the broccoli with the remaining 2 tablespoons of olive oil, then spread on 2 large rimmed baking sheets. Roast the broccoli in the upper and lower thirds of the oven for 15 minutes, or until crisp-tender, shifting the pans from top to bottom and back to front halfway through.
- ☐ Add the ancho butter to the broccoli and toss to coat. Season with salt and roast for 10 minutes longer, or until the broccoli is tender.
- ☐ Transfer to a platter and serve warm or at room temperature.
- ☐ Make Ahead: The recipe can be prepared through Step 3 and refrigerated for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:21.491304429977%

Flavonoids

Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 231.71kcal (11.59%), Fat: 18.79g (28.91%), Saturated Fat: 8.27g (51.66%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 8.95g (3.26%), Sugar: 4.47g (4.96%), Cholesterol: 30.48mg (10.16%), Sodium: 267.02mg (11.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin C: 153.2mg (185.69%), Vitamin K: 182.57µg (173.88%), Vitamin A: 2354.55IU (47.09%), Manganese: 0.66mg (32.8%), Folate: 110.39µg (27.6%), Fiber: 5.61g (22.43%), Potassium: 630.61mg (18.02%), Vitamin E: 2.68mg (17.87%), Vitamin B6: 0.34mg (17.11%), Vitamin B2: 0.25mg (14.97%), Phosphorus: 139.76mg (13.98%), Magnesium: 49.38mg (12.35%), Vitamin B5: 1.04mg (10.39%), Iron: 1.73mg (9.59%), Calcium: 95.83mg (9.58%), Vitamin B1: 0.14mg (9.15%), Copper: 0.17mg (8.67%), Vitamin B3: 1.54mg (7.68%), Selenium: 4.71µg (6.72%), Zinc: 0.97mg (6.48%), Vitamin D: 0.21µg (1.42%)