



 **51%**
HEALTH SCORE

Roasted Broccoli with Asiago

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- 1 cup asiago cheese grated
- 1.5 pounds broccoli trimmed to 2 inches below crowns (1 large bunch)
- 3 tablespoons olive oil

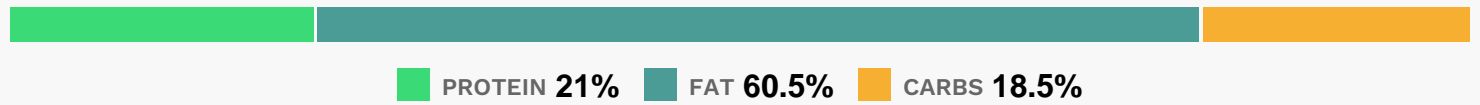
Equipment

- bowl
- baking sheet
- oven
- tongs

Directions

- Preheat oven to 450°F.
- Cut each crown of broccoli lengthwise into 4 spears.
- Place broccoli in large bowl; toss with olive oil and sprinkle with salt and pepper.
- Transfer broccoli to large rimmed baking sheet.
- Add grated Asiago cheese to same bowl. Roast broccoli until crisp-tender and stalks begin to brown, about 25 minutes. Return broccoli to bowl with cheese. Using tongs, toss to coat.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:21.798695774182%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 248.65kcal (12.43%), Fat: 17.59g (27.06%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 7.68g (2.79%), Sugar: 3.09g (3.44%), Cholesterol: 17mg (5.67%), Sodium: 456.84mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.47%), Vitamin C: 151.73mg (183.91%), Vitamin K: 180.25µg (171.66%), Calcium: 376.05mg (37.61%), Phosphorus: 285.76mg (28.58%), Folate: 108.91µg (27.23%), Vitamin A: 1254.96IU (25.1%), Vitamin E: 2.89mg (19.29%), Manganese: 0.36mg (18.11%), Fiber: 4.42g (17.69%), Vitamin B2: 0.28mg (16.59%), Potassium: 560.61mg (16.02%), Vitamin B6: 0.32mg (16.02%), Selenium: 9.88µg (14.11%), Magnesium: 46.72mg (11.68%), Vitamin B5: 1.09mg (10.88%), Zinc: 1.38mg (9.23%), Vitamin B1: 0.13mg (8.7%), Iron: 1.51mg (8.36%), Vitamin B3: 1.15mg (5.77%), Vitamin B12: 0.3µg (5%), Copper: 0.09mg (4.57%)