



Roasted Broccoli with Buttered Walnuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds broccoli fresh
- ☐ 3 tablespoons butter melted
- ☐ 1 optional: lemon halved
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 cup walnut halves

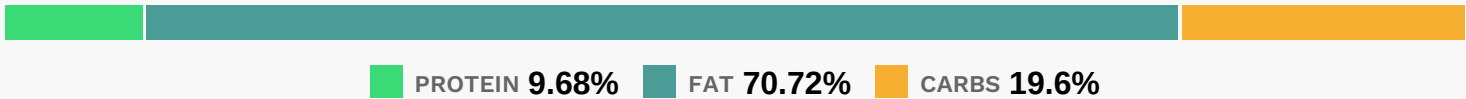
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ roasting pan

Directions

- ☐ Cut broccoli into 3" lengths; cut thick pieces in half lengthwise.
- ☐ Place in a roasting pan, and drizzle with olive oil; toss to coat well.
- ☐ Sprinkle with salt and pepper. Roast at 500 for 14 minutes, stirring once after 8 minutes.
- ☐ Meanwhile, toast walnuts in melted butter in a skillet over medium-high heat 5 minutes or until fragrant.
- ☐ Spoon broccoli into a serving bowl. Squeeze cut lemon over broccoli, tossing well. Stir in walnuts and butter.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:2.65, Inflammation Score:-9, Nutrition Score:21.893043576375%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 274.91kcal (13.75%), Fat: 23.47g (36.1%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 8.83g (3.21%), Sugar: 3.61g (4.02%), Cholesterol: 11.29mg (3.76%), Sodium: 381.34mg (16.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Vitamin C: 159.07mg (192.81%), Vitamin K: 179.88µg (171.32%), Manganese: 0.88mg (43.86%), Folate: 123.16µg (30.79%), Vitamin A: 1197.48IU (23.95%), Fiber: 5.81g (23.25%), Vitamin B6: 0.39mg (19.38%), Vitamin E: 2.87mg (19.12%), Potassium: 623.7mg (17.82%), Phosphorus: 166.48mg (16.65%), Copper: 0.32mg (16.14%), Magnesium: 60.23mg (15.06%), Vitamin B2: 0.23mg

(13.27%), Vitamin B1: 0.18mg (11.76%), Vitamin B5: 1.09mg (10.91%), Iron: 1.81mg (10.08%), Calcium: 99.87mg (9.99%), Zinc: 1.16mg (7.76%), Selenium: 5.08µg (7.26%), Vitamin B3: 1.27mg (6.34%)