

health-score100%

HEALTH SCORE

Roasted Broccoli with Cherry Tomatoes

VegetarianGluten FreeVery Healthy

READY IN

ready

23 min.

SERVINGS

servings

4

CALORIES

calories

290 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches broccoli cut into 2 1/2-inch long florets
- ☐ 1 pint cherry tomatoes whole
- ☐ 3 cloves garlic roughly chopped
- ☐ 4 tablespoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 medium shallots roughly chopped

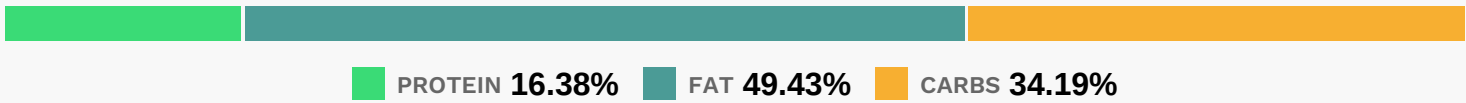
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Add broccoli to a large bowl.
- ☐ Add the shallots, cherry tomatoes, garlic and red pepper flakes with 4 tablespoons oil in large bowl.
- ☐ Sprinkle with salt and pepper. Toss to coat and spread onto large baking sheet. Roast until the stems are tender-crisp and lightly golden brown, about 18 minutes. Grate the Parmesan over the broccoli while it's hot.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:30.404782591955%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg Kaempferol: 23.85mg, Kaempferol: 23.85mg, Kaempferol: 23.85mg, Kaempferol: 23.85mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 289.89kcal (14.49%), Fat: 17.46g (26.87%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 18.09g (6.58%), Sugar: 8.71g (9.68%), Cholesterol: 5.67mg (1.89%), Sodium: 252.36mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.04%), Vitamin C: 299.34mg (362.84%), Vitamin K: 322.48µg (307.12%), Folate: 209.76µg (52.44%), Vitamin A: 2612.59IU (52.25%), Manganese: 0.84mg (41.86%), Fiber: 9.09g (36.37%), Potassium: 1262.43mg (36.07%), Vitamin E: 5.17mg (34.46%), Vitamin B6: 0.69mg (34.4%), Phosphorus: 299.7mg (29.97%), Calcium: 262.35mg (26.24%), Vitamin B2: 0.42mg (24.45%), Magnesium: 80.57mg (20.14%), Vitamin B5: 1.97mg (19.67%), Iron: 3.34mg (18.54%), Vitamin B1: 0.27mg (18.04%), Selenium:

10.52µg (15.02%), Vitamin B3: 2.65mg (13.26%), Copper: 0.26mg (12.82%), Zinc: 1.7mg (11.36%), Vitamin B12: 0.1µg (1.67%)