



Roasted Broccoli with Garlic and Anchovy

 Gluten Free

READY IN



24 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 2 fillet anchovy minced drained
- ☐ 6 cups broccoli florets (1 bunch)
- ☐ 1.5 tablespoons butter melted
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lemon rind grated

☐ 2 tablespoons olive oil extra-virgin divided

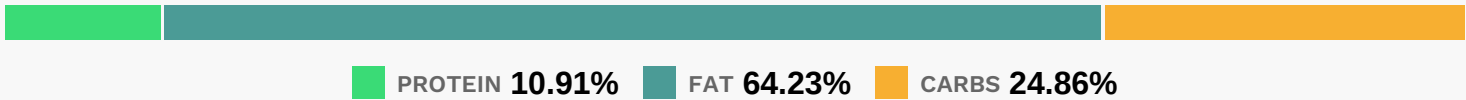
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Combine broccoli and 1 tablespoon oil in a large bowl; toss to coat.
- ☐ Place broccoli on a foil-lined baking sheet.
- ☐ Bake at 450 for 6 minutes.
- ☐ Remove from oven; toss with garlic.
- ☐ Bake at 450 for an additional 6 minutes.
- ☐ Place remaining 1 tablespoon oil, butter, and next 4 ingredients (through anchovy) in a large bowl; stir to combine.
- ☐ Add broccoli mixture; toss well to coat.
- ☐ Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:14.200869404103%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 102.96kcal (5.15%), Fat: 7.96g (12.25%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.61g (1.79%), Cholesterol: 8.32mg (2.78%), Sodium: 155.37mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin C: 83.57mg (101.3%), Vitamin K: 96.17µg (91.59%), Vitamin A: 761.33IU (15.23%), Folate: 58.06µg (14.51%), Manganese: 0.23mg (11.65%), Fiber: 2.65g (10.59%), Vitamin E: 1.57mg (10.46%), Vitamin B6: 0.19mg (9.43%), Potassium: 309.59mg (8.85%), Vitamin B2: 0.12mg (6.99%), Phosphorus: 67.05mg (6.71%), Vitamin B5: 0.55mg (5.5%), Magnesium: 21.64mg (5.41%), Calcium: 52.81mg (5.28%), Iron: 0.93mg (5.14%), Vitamin B1: 0.07mg (4.66%), Selenium: 3.07µg (4.38%), Vitamin B3: 0.82mg (4.12%), Copper: 0.06mg (2.94%), Zinc: 0.44mg (2.94%)