



Roasted Broccoli with Lemon and Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- 5 cups broccoli florets organic
- 2 teaspoons olive oil extra virgin
- 1 clove garlic
- 0.5 teaspoons pepper black
- 0.5 teaspoons juice of lemon
- 0.5 teaspoon salt

Equipment

- bowl

baking sheet

oven

Directions

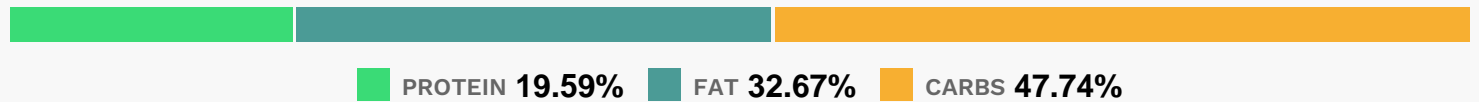
Preheat the oven to 400 degrees F In a large bowl, add broccoli florets, olive oil, salt, pepper and garlic.

Spread the broccoli out in an even layer on a baking sheet.

Bake in the preheated oven until broccoli is tender enough to pierce the stems with a fork, 15 to 20 minutes.

Remove and place in a bowl, toss with lemon juice.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:15.037391304348%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Taste

Sweetness: 26.59%, Saltiness: 95.79%, Sourness: 52.67%, Bitterness: 100%, Savoriness: 43.62%, Fattiness: 35%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 58.24kcal (2.91%), Fat: 2.43g (3.75%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 4.97g (1.81%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 328.45mg (14.28%), Protein: 3.28g (6.57%), Vitamin C: 101.94mg (123.56%), Vitamin K: 117.65µg (112.05%), Folate: 71.85µg (17.96%), Manganese: 0.28mg (14.21%), Vitamin A: 710.13IU (14.2%), Fiber: 3.04g (12.15%), Potassium: 366.5mg (10.47%), Vitamin B6: 0.21mg (10.47%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 1.18mg (7.86%), Phosphorus: 76.67mg (7.67%), Vitamin B5: 0.66mg (6.61%), Magnesium: 24.55mg (6.14%), Calcium: 56.17mg (5.62%), Vitamin B1: 0.08mg (5.51%), Iron: 0.88mg

(4.9%), Selenium: 2.96µg (4.23%), Vitamin B3: 0.74mg (3.68%), Zinc: 0.48mg (3.19%), Copper: 0.06mg (3.08%)