



Roasted Chile-Garlic Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 6 cups broccoli florets
- ☐ 2 tablespoons sesame oil dark
- ☐ 6 large garlic cloves coarsely chopped
- ☐ 0.4 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 2 teaspoons sambal oelek fresh (ground chile paste)

Equipment

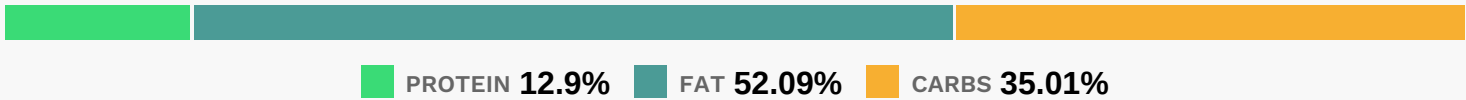
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Place a small roasting pan in oven. Preheat oven to 45
- ☐ Place broccoli in a large bowl; drizzle with oil. Toss to coat.
- ☐ Add sambal, salt, and sugar to broccoli mixture; toss.
- ☐ Add broccoli mixture to hot roasting pan; toss.
- ☐ Bake at 450 for 5 minutes; remove from oven.
- ☐ Add garlic to pan; stir.
- ☐ Bake an additional 5 minutes or until broccoli is lightly browned.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:16.607391378154%

Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 118.08kcal (5.9%), Fat: 7.54g (11.59%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 7.74g (2.81%), Sugar: 2.71g (3.02%), Cholesterol: 0mg (0%), Sodium: 264.33mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin C: 123.56mg (149.77%), Vitamin K: 140.29µg (133.61%), Folate: 86.38µg (21.59%), Manganese: 0.36mg (18.12%), Vitamin A: 855.78IU (17.12%), Vitamin B6: 0.3mg (14.93%), Fiber: 3.66g (14.62%), Potassium: 458.68mg (13.11%), Phosphorus: 98.28mg (9.83%), Vitamin B2: 0.17mg (9.79%), Vitamin B5: 0.81mg (8.09%), Vitamin E: 1.17mg (7.82%), Magnesium: 30.1mg (7.52%), Calcium: 72.94mg (7.29%), Vitamin B1: 0.11mg (7.21%), Iron: 1.09mg (6.08%), Selenium: 4.08µg (5.83%), Vitamin B3: 0.94mg (4.72%), Copper: 0.08mg (4.19%), Zinc: 0.62mg (4.11%)