



Roasted Chile-Lime Broccolini

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



16

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons ancho chili powder
- 4 pounds broccolini
- 0.7 cup butter
- 0.5 teaspoon kosher salt
- 6 lime zest
- 0.5 teaspoon pepper

Equipment

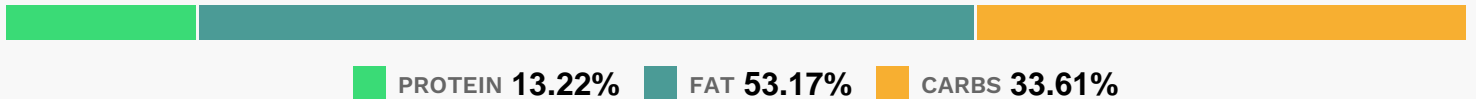
- frying pan

- baking sheet
- sauce pan
- oven
- aluminum foil
- tongs

Directions

- Preheat oven to 42
- Trim leaves and sides of stalks from broccolini. Put broccolini on 2 large rimmed baking sheets (they will be very full).
- Melt butter with salt and pepper in a small saucepan over medium heat. Stir in chile powder, remove from heat, and stir in lime zest.
- Drizzle butter over broccolini and turn until well coated.
- Roast broccolini, switching pan positions and turning with tongs halfway through cooking, until tender-crisp, 15 to 18 minutes.
- Make ahead: Up to 1 day, chilled. Reheat, tented with foil, in a 350 oven on 1 large rimmed baking sheet until hot, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:8.5360868897127%

Flavonoids

Hesperetin: 10.8mg, Hesperetin: 10.8mg, Hesperetin: 10.8mg, Hesperetin: 10.8mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 125.03kcal (6.25%), Fat: 7.87g (12.1%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 8.78g (3.19%), Sugar: 3.17g (3.52%), Cholesterol: 20.34mg (6.78%), Sodium: 183.75mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 111.37mg (135%), Vitamin A: 2546.92IU (50.94%), Fiber: 2.41g (9.62%), Calcium: 94.23mg (9.42%), Iron: 1.3mg (7.2%), Vitamin E: 0.66mg (4.38%), Vitamin K:

1.97µg (1.88%), Vitamin B6: 0.03mg (1.61%), Potassium: 48.24mg (1.38%), Copper: 0.03mg (1.36%), Manganese:
0.03mg (1.36%), Vitamin B2: 0.02mg (1.04%)