



Sautéed Broccoli and Mushrooms



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups broccoli florets (1 bunch)
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 pound mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup shallots sliced (1)

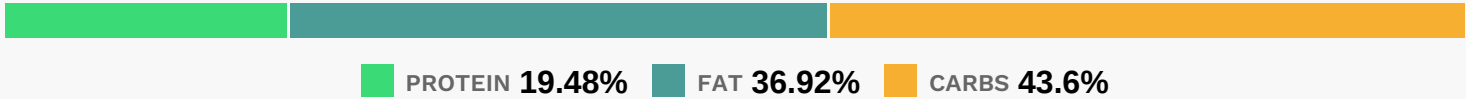
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add mushrooms and shallots to pan; saut 10 minutes or until mushrooms are lightly browned. Stir in sherry; cook 2 minutes or until liquid evaporates, stirring frequently.
- ☐ Add broccoli and salt to pan; stir well. Stir in broth; bring to a boil. Cover and cook 5 minutes or until broccoli is crisp-tender. Stir in pepper.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:11.833478207174%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 65.83kcal (3.29%), Fat: 2.73g (4.2%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 4.96g (1.81%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 294.82mg (12.82%), Alcohol: 1.03g (100%), Alcohol %: 0.93% (100%), Protein: 3.24g (6.49%), Vitamin C: 55.7mg (67.51%), Vitamin K: 63.54µg (60.51%), Vitamin B2: 0.23mg (13.56%), Folate: 48.3µg (12.08%), Potassium: 358.78mg (10.25%), Manganese: 0.2mg (9.94%), Vitamin B5: 0.97mg (9.7%), Vitamin B3: 1.89mg (9.45%), Vitamin B6: 0.19mg (9.37%), Fiber: 2.29g (9.17%), Phosphorus: 82.47mg (8.25%), Copper: 0.16mg (8.19%), Selenium: 5.58µg (7.97%), Vitamin A: 378.8IU (7.58%), Vitamin E: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.43%), Magnesium: 19.55mg (4.89%), Iron: 0.83mg (4.59%), Calcium: 35.46mg (3.55%), Zinc: 0.5mg (3.35%)