



Sautéed Broccoli Rabe



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches broccoli rabe trimmed cut into thirds ()
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon red-pepper flakes hot

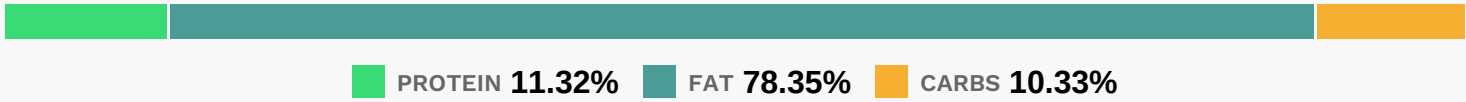
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Blanch broccoli rabe in 2 batches in a large pot of boiling salted water (2 tablespoons salt for 6 quarts water) until stems are crisp-tender, 2 to 3 minutes, then drain well and pat dry.
- ☐ Heat oil with red-pepper flakes in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté broccoli rabe with 1/2 teaspoon salt until well coated, about 2 minutes.
- ☐ Serve warm or at room temperature.
- ☐ Broccoli rabe can be blanched 1 day ahead and chilled. Bring to room temperature before sautéing.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:10.147826109243%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 59.02kcal (2.95%), Fat: 5.54g (8.52%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 19.77mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 129.79µg (123.61%), Vitamin A: 1499.96IU (30%), Vitamin C: 11.41mg (13.83%), Folate: 46.91µg (11.73%), Vitamin E: 1.7mg (11.3%), Manganese: 0.22mg (11.21%), Iron: 1.25mg (6.94%), Fiber: 1.55g (6.19%), Calcium: 61.28mg (6.13%), Vitamin B1: 0.09mg (6.11%), Vitamin B6: 0.1mg (4.9%), Vitamin B2: 0.07mg (4.32%), Phosphorus: 41.43mg (4.14%), Vitamin B3: 0.7mg (3.48%), Potassium: 112.01mg (3.2%), Magnesium: 12.52mg (3.13%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.18mg (1.82%), Copper: 0.02mg (1.22%)