



WHATSheATE



HEALTH SCORE

69%

Sauteed Broccoli Rabe and Peas.



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 lb broccoli rabe
- ☐ 3 large garlic clove with side of a large knife peeled smashed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups peas frozen
- ☐ 0.5 teaspoon salt

Equipment

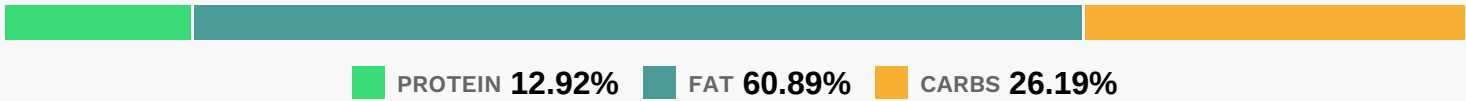
- ☐ frying pan

- ☐ pot
- ☐ colander

Directions

- ☐ Trim stem ends from broccoli rabe and discard.
- ☐ Cut remainder crosswise into 1 1/2-inch pieces.
- ☐ Cook broccoli rabe and peas in a 4- to 6-quart pot of boiling salted water until broccoli rabe is wilted and stems are crisp-tender, 2 to 3 minutes.
- ☐ Drain well in a colander.
- ☐ Heat oil with garlic in a 12-inch heavy skillet over moderately high heat, turning garlic frequently, until garlic is golden, 1 to 2 minutes, then discard garlic.
- ☐ Add broccoli rabe, peas, salt, and pepper to skillet and sauté, stirring, until well coated with garlic oil, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:15.326521852742%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 133.84kcal (6.69%), Fat: 9.48g (14.59%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 215.39mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin K: 144.71µg (137.82%), Vitamin C: 31.25mg (37.88%), Vitamin A: 1857.45IU (37.15%), Manganese: 0.47mg (23.45%), Folate: 78.55µg (19.64%), Fiber: 4.36g (17.44%), Vitamin E: 2.28mg (15.2%), Vitamin B1: 0.22mg (14.91%), Iron: 2.02mg (11.21%), Vitamin B6: 0.2mg (9.89%), Phosphorus: 96.15mg (9.61%), Vitamin B3: 1.71mg (8.57%), Vitamin B2: 0.14mg (8.17%), Calcium: 76.98mg (7.7%), Magnesium: 29.09mg (7.27%), Zinc: 1.06mg (7.04%), Potassium: 237.42mg (6.78%), Copper: 0.12mg (5.79%), Vitamin B5: 0.24mg (2.44%), Selenium: 1.66µg (2.37%)