



 **100%**
HEALTH SCORE

Sautéed Broccoli Rabe with Garlic and Chiles (Rape Fritte)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- 3 pounds broccoli rabe whole
- 8 large garlic cloves peeled halved lengthwise
- 0.5 tsp kosher salt
- 0.3 cup olive oil extra-virgin
- 2 small chiles dried red such as peperoncini, thai, or chinese, torn in half hot

Equipment

- frying pan

- pot
- colander

Directions

- Trim broccoli rabe, removing tough parts of stems and any stems with a hollow core. Split stems (or quarter them if large) so they'll cook at the same rate as the florets. Rinse well.
- Bring a large pot of water to a boil over high heat.
- Add broccoli rabe (you may have to add in batches, waiting until some cooks down) and cook until tender, 2 to 5 minutes. Scoop out and set aside about 1/4 cup cooking liquid, then drain broccoli rabe in a colander.
- Let sit until cool enough to handle, about 15 minutes, then squeeze gently to remove excess moisture.
- Heat oil in a 12-in. skillet over medium heat.
- Add garlic and chiles and saut until garlic is golden, about 1 minute.
- Add broccoli rabe and 1/2 tsp. salt and toss to coat with oil. Increase heat to high and cook until broccoli rabe is heated through and flavorful, about 5 minutes (if it looks dry, moisten with some of the reserved cooking liquid). Season with salt to taste.
- Serve hot or at room temperature.

Nutrition Facts

PROTEIN 16.61% **FAT 65.8%** **CARBS 17.59%**

Properties

Glycemic Index:7.75, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:21.864782820577%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 121.86kcal (6.09%), Fat: 9.86g (15.16%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 202.28mg (8.79%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin K: 386.62µg (368.21%), Vitamin A: 4493.33IU (89.87%), Vitamin C: 35.33mg (42.83%), Manganese: 0.72mg (36.17%), Folate: 141.33µg (35.33%), Vitamin E: 4.06mg (27.05%), Iron: 3.75mg (20.83%), Calcium: 189.37mg (18.94%), Vitamin B1: 0.28mg (18.78%), Fiber: 4.69g (18.77%), Vitamin B6: 0.33mg (16.45%), Vitamin B2: 0.22mg (13.19%), Phosphorus: 128.96mg (12.9%), Vitamin B3: 2.11mg (10.54%), Potassium: 347.88mg (9.94%), Magnesium: 38.29mg (9.57%), Zinc: 1.35mg (8.97%), Vitamin B5: 0.57mg (5.67%), Copper: 0.08mg (4.04%), Selenium: 2.13µg (3.05%)