



Sautéed Broccoli Rabe with Garlic and Lemon

 Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds broccoli rabe (rapini)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind fresh grated
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon parmesan cheese fresh grated

- ☐ 0.5 teaspoon salt
- ☐ 3 quarts water
- ☐ 2 tablespoons breadcrumbs whole wheat soft toasted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Thinly slice leafy greens of broccoli rabe. Peel tough lower stalk, and coarsely chop.
- ☐ Bring 3 quarts water to a boil in a large Dutch oven.
- ☐ Add broccoli rabe, and cook 1 minute.
- ☐ Drain well; set aside.
- ☐ Combine breadcrumbs and cheese in a small bowl; stir well, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Add broccoli rabe, and saut 4 minutes or until tender.
- ☐ Add salt and next 4 ingredients; toss well.
- ☐ Place in a serving bowl; sprinkle with breadcrumb mixture.
- ☐ Serve immediately.
- ☐ Toasted Breadcrumbs: To make toasted soft breadcrumbs, place a slice of whole wheat bread in a food processor, and process until fine crumbs form.
- ☐ Spread the breadcrumbs on a baking sheet, and bake at 400 for 2 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:18.981738846506%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 65.06kcal (3.25%), Fat: 2.7g (4.15%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.77g (0.86%), Cholesterol: 0.68mg (0.23%), Sodium: 345.34mg (15.01%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.26g (10.52%), Vitamin K: 306.1µg (291.53%), Vitamin A: 3606.46IU (72.13%), Vitamin C: 30.46mg (36.92%), Manganese: 0.59mg (29.66%), Folate: 113.76µg (28.44%), Iron: 3.28mg (18.24%), Calcium: 181.56mg (18.16%), Fiber: 4.21g (16.86%), Vitamin E: 2.48mg (16.55%), Vitamin B1: 0.23mg (15.12%), Vitamin B6: 0.27mg (13.37%), Phosphorus: 110.67mg (11.07%), Vitamin B2: 0.18mg (10.78%), Magnesium: 37.19mg (9.3%), Vitamin B3: 1.7mg (8.48%), Potassium: 284.01mg (8.11%), Copper: 0.16mg (7.93%), Zinc: 1.17mg (7.79%), Vitamin B5: 0.46mg (4.64%), Selenium: 1.96µg (2.8%)