



Sautéed Broccoli Spears

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli crowns fresh cut into spears*
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

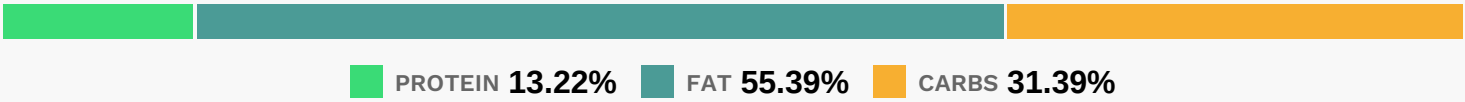
Equipment

- ☐ frying pan

Directions

- ☐ Cook broccoli spears in boiling water to cover 4 to 6 minutes or until crisp-tender. Plunge broccoli into ice water to stop the cooking process, and drain.
- ☐ Melt 2 Tbsp. butter in a large nonstick skillet over medium-high heat; stir in broccoli spears, and saut 2 minutes. Stir in fresh lemon juice, salt, pepper, and, if desired, diced pimiento; saut 1 minute.
- ☐ Serve immediately.
- ☐ *1 (16-oz.) package frozen broccoli spears may be substituted for fresh.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:11.032173664674%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 59.74kcal (2.99%), Fat: 4.07g (6.26%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.33g (1.48%), Cholesterol: 10.03mg (3.34%), Sodium: 248.78mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin C: 68.08mg (82.52%), Vitamin K: 77.57µg (73.88%), Folate: 48.11µg (12.03%), Vitamin A: 588.16IU (11.76%), Manganese: 0.17mg (8.5%), Fiber: 1.99g (7.97%), Potassium: 242.88mg (6.94%), Vitamin B6: 0.13mg (6.67%), Vitamin B2: 0.09mg (5.32%), Phosphorus: 51.28mg (5.13%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.44mg (4.42%), Magnesium: 16.22mg (4.05%), Calcium: 37.24mg (3.72%), Vitamin B1: 0.05mg (3.63%), Iron: 0.56mg (3.13%), Selenium: 1.94µg (2.78%), Vitamin B3: 0.49mg (2.44%), Zinc: 0.32mg (2.11%), Copper: 0.04mg (1.93%)