



Sauteed Broccolini with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 lb broccolini ends trimmed (sometimes called baby broccoli; 3 bunches)
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

Equipment

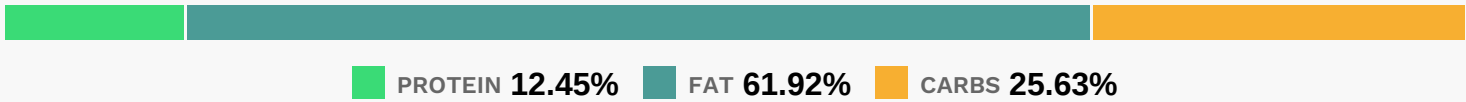
- ☐ frying pan
- ☐ pot

☐ colander

Directions

- ☐ Cook Broccolini in a 6- to 8-quart pot of boiling salted water until stems are crisp-tender, about 5 minutes, then drain in a colander.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté half of garlic, stirring, until pale golden, about 30 seconds.
- ☐ Add half of Broccolini, 1/4 teaspoon salt, and 1/8 teaspoon pepper and cook, stirring, until heated through, about 2 minutes.
- ☐ Transfer to a serving dish and repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:7.6873912297027%

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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 127.96kcal (6.4%), Fat: 9.01g (13.86%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.01g (2.55%), Sugar: 2.68g (2.97%), Cholesterol: 0mg (0%), Sodium: 227.51mg (9.89%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin C: 104.37mg (126.5%), Vitamin A: 2001.69IU (40.03%), Vitamin E: 1.3mg (8.65%), Calcium: 82.44mg (8.24%), Iron: 1.04mg (5.78%), Fiber: 1.38g (5.52%), Vitamin K: 5.57µg (5.31%), Manganese: 0.03mg (1.39%)