



Sautéed Broccolini with Tomatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound broccolini trimmed
- ☐ 0.3 cup chicken stock see (such as Swanson)
- ☐ 0.3 cup wine dry white
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 1 large plum tomatoes seeded finely chopped
- ☐ 1 large shallots vertically sliced

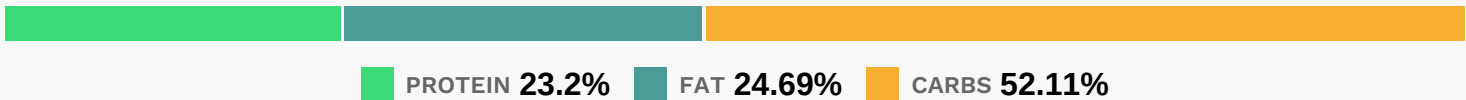
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan, and swirl to coat.
- ☐ Add shallot, and saut 2 minutes or until tender, stirring frequently.
- ☐ Add Broccolini; cook 2 minutes.
- ☐ Add wine and tomato. Cover, reduce heat to medium, and cook 3 minutes.
- ☐ Add chicken stock, salt, and black pepper; cook, uncovered, 4 minutes or until Broccolini is crisp-tender.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:4.7956521686005%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 45.74kcal (2.29%), Fat: 1.14g (1.75%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.01g (2.24%), Cholesterol: 0.3mg (0.1%), Sodium: 104.82mg (4.56%), Alcohol: 0.77g (100%), Alcohol %: 1.13% (100%), Protein: 2.41g (4.82%), Vitamin C: 53.36mg (64.68%), Vitamin A: 1065.9IU (21.32%), Calcium: 43.26mg (4.33%), Fiber: 0.88g (3.51%), Iron: 0.59mg (3.3%), Manganese: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.39µg (1.33%), Potassium: 45.49mg (1.3%), Vitamin E: 0.19mg (1.27%), Vitamin B3: 0.22mg (1.1%)