



Sautéed Lemony Broccolini

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound broccolini trimmed
- 2 teaspoons butter
- 0.3 cup cooking wine dry white
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.3 teaspoon salt

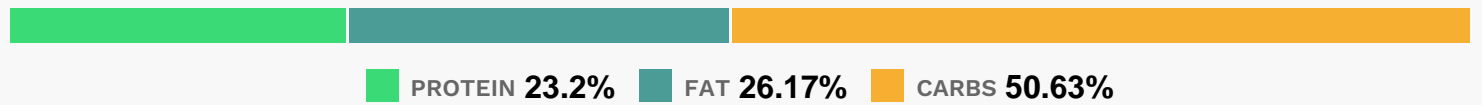
Equipment

frying pan

Directions

- Melt butter in a large skillet over medium-high heat.
- Add Broccolini to pan; cook 4 minutes, stirring occasionally.
- Add wine to pan. Cover, reduce heat to medium-low, and cook 6 minutes or until Broccolini is tender.
- Add lemon rind, lemon juice, salt, and pepper to Broccolini; toss.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:7.2860869081772%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.53kcal (3.93%), Fat: 2.04g (3.14%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.41g (2.69%), Sugar: 2.95g (3.27%), Cholesterol: 5.38mg (1.79%), Sodium: 195.64mg (8.51%), Alcohol: 1.54g (100%), Alcohol %: 1.44% (100%), Protein: 4.08g (8.15%), Vitamin C: 106.8mg (129.45%), Vitamin A: 2065.03IU (41.3%), Calcium: 84.21mg (8.42%), Fiber: 1.49g (5.95%), Iron: 1.03mg (5.72%), Manganese: 0.03mg (1.72%)