



Seasoned Broccoli Spears

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli fresh cut into spears
- 2 tablespoons butter
- 0.5 teaspoon thyme dried
- 0.5 teaspoon garlic salt
- 1 teaspoon lemon pepper
- 0.3 cup water

Equipment

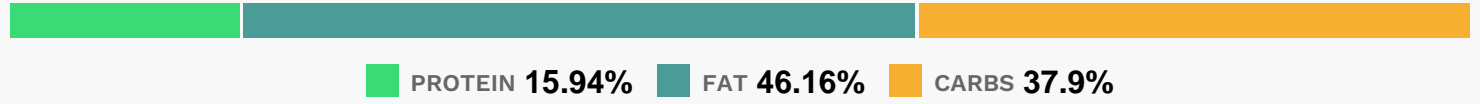
- bowl

microwave

Directions

Place the broccoli in a microwave-safe bowl; add water. Cover and microwave on high for 4-5 minutes or until tender; drain. Stir in the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:15.110869516497%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 73.08kcal (3.65%), Fat: 4.22g (6.49%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 4.74g (1.72%), Sugar: 1.93g (2.15%), Cholesterol: 10.03mg (3.34%), Sodium: 261.82mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin C: 101.19mg (122.66%), Vitamin K: 117.97µg (112.35%), Folate: 71.87µg (17.97%), Vitamin A: 828.08IU (16.56%), Manganese: 0.29mg (14.39%), Fiber: 3.06g (12.25%), Potassium: 364.61mg (10.42%), Vitamin B6: 0.2mg (10%), Vitamin B2: 0.14mg (7.95%), Phosphorus: 76.66mg (7.67%), Vitamin E: 1mg (6.68%), Vitamin B5: 0.66mg (6.6%), Magnesium: 24.76mg (6.19%), Calcium: 57.88mg (5.79%), Vitamin B1: 0.08mg (5.44%), Iron: 0.97mg (5.37%), Selenium: 2.9µg (4.15%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.48mg (3.2%), Copper: 0.06mg (3.12%)