

Sesame Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 4 cups broccoli flowerets fresh ()
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons bell pepper sweet red finely chopped
- ☐ 2 teaspoons sesame seed
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon water

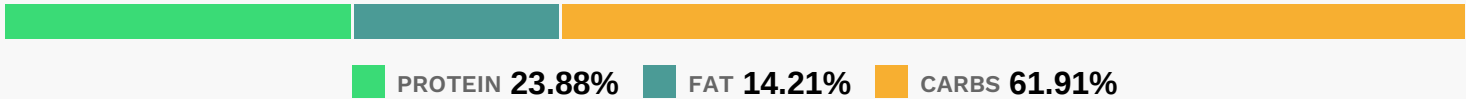
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ steamer basket

Directions

- ☐ Arrange broccoli and red pepper in a steamer basket over boiling water. Cover and steam 5 minutes or until crisp-tender; place in a medium bowl.
- ☐ While vegetables cook, place a small, heavy skillet over medium-high heat until hot.
- ☐ Add sesame seeds, and cook, stirring constantly, 1 minute or until toasted. Set sesame seeds aside.
- ☐ Combine soy sauce and remaining 4 ingredients in a small bowl, stirring well. Microwave at HIGH 45 seconds or until bubbly.
- ☐ Pour sauce over vegetables; sprinkle with sesame seeds, and toss gently.

Nutrition Facts



Properties

Glycemic Index:28.18, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:9.6804348074872%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 33.85kcal (1.69%), Fat: 0.62g (0.95%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.28g (1.56%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 211.79mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 58.29mg (70.65%), Vitamin K: 60.07µg (57.21%), Folate: 42.24µg (10.56%), Vitamin A: 511.2IU (10.22%), Manganese: 0.2mg (9.86%), Fiber: 1.76g (7.04%), Vitamin B6: 0.13mg (6.54%), Potassium: 218.83mg (6.25%), Phosphorus: 53.81mg (5.38%), Vitamin B2: 0.09mg (5.16%),

Magnesium: 19.41mg (4.85%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.37mg (3.69%), Calcium: 36.4mg (3.64%),
Iron: 0.64mg (3.57%), Vitamin B1: 0.05mg (3.49%), Copper: 0.06mg (3.04%), Selenium: 1.96µg (2.79%), Vitamin B3:
0.52mg (2.62%), Zinc: 0.35mg (2.36%)