



Sesame Broccoli Rabe



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 pounds broccoli rabe (rapini)
- ☐ 1 teaspoon sesame oil dark divided
- ☐ 1 large garlic clove pressed
- ☐ 0.3 teaspoon kosher salt or
- ☐ 1 tablespoon kosher salt or
- ☐ 1 tablespoon vegetable oil; peanut oil preferred divided
- ☐ 2 tablespoons seasoned rice vinegar

- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 tablespoons shallots minced (1 large)

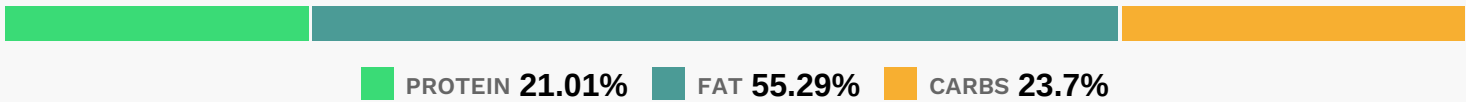
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Trim ends of broccoli rabe stalks. Bring 8 cups water and 1 tablespoon kosher salt to a boil in a large saucepan.
- ☐ Add broccoli rabe; cook 1 minute.
- ☐ Drain and plunge broccoli rabe into ice water; drain.
- ☐ Combine shallots, vinegar, 1 1/2 teaspoons peanut oil, 1/2 teaspoon sesame oil, pepper, and 1/4 teaspoon salt in a small bowl; stir well with a whisk.
- ☐ Heat remaining 1 1/2 teaspoons peanut oil and remaining 1/2 teaspoon sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add broccoli rabe; saut 1 1/2 minutes or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Drizzle with shallot mixture; toss gently to coat.
- ☐ Sprinkle with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:20.663913063381%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 91.29kcal (4.56%), Fat: 6.25g (9.62%), Saturated Fat: 1g (6.27%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 1940.51mg (84.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin K: 339.3µg (323.15%), Vitamin A: 3966.21IU (79.32%), Vitamin C: 31.18mg (37.79%), Manganese: 0.71mg (35.74%), Folate: 129.2µg (32.3%), Iron: 3.64mg (20.24%), Vitamin E: 3.02mg (20.15%), Calcium: 188.76mg (18.88%), Fiber: 4.56g (18.23%), Vitamin B1: 0.27mg (17.7%), Vitamin B6: 0.3mg (15.08%), Phosphorus: 127.82mg (12.78%), Vitamin B2: 0.2mg (11.9%), Magnesium: 42.08mg (10.52%), Vitamin B3: 1.95mg (9.77%), Potassium: 329.29mg (9.41%), Zinc: 1.36mg (9.05%), Copper: 0.16mg (7.85%), Vitamin B5: 0.51mg (5.1%), Selenium: 2.42µg (3.46%)