 **56%**
HEALTH SCORE

Sesame Broccoli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli fresh cut into bite size pieces
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 2 tablespoons sesame seed
- 2 tablespoons soya sauce
- 2 teaspoons sugar white

Equipment

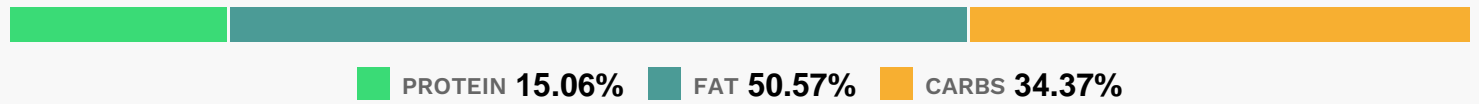
- bowl

- oven
- whisk
- pot

Directions

- Preheat oven to 375 degrees F (190 degrees C). Toast sesame seeds for 3 to 5 minutes, or until the seeds begin to turn golden brown. Set aside.
- Bring a large pot of water to a boil. Cook broccoli in boiling water for 3 to 5 minutes, or until desired tenderness.
- Drain, and transfer to a large bowl.
- In a small bowl, whisk together the vinegar, soy sauce, sesame oil, sugar, and sesame seeds.
- Pour over broccoli, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:13.253478267918%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 78.59kcal (3.93%), Fat: 4.82g (7.41%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 4.88g (1.77%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 279.75mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin C: 75.86mg (91.96%), Vitamin K: 87.23µg (83.07%), Folate: 56.33µg (14.08%), Manganese: 0.25mg (12.62%), Vitamin A: 530.03IU (10.6%), Fiber: 2.48g (9.93%), Vitamin B6: 0.17mg (8.68%), Potassium: 287.75mg (8.22%), Phosphorus: 74.72mg (7.47%), Magnesium: 26.72mg (6.68%), Vitamin B2: 0.11mg (6.56%), Copper: 0.13mg (6.48%), Calcium: 60.62mg (6.06%), Iron: 1.02mg (5.67%), Vitamin B1: 0.08mg (5.26%), Vitamin B5: 0.51mg (5.05%), Vitamin E: 0.72mg (4.78%), Selenium: 2.88µg (4.11%), Vitamin B3: 0.81mg (4.06%), Zinc: 0.52mg (3.49%)