



Sesame-Soy Broccoli Florets

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



133 kcal

SIDE DISH

Ingredients

- 2 cups broccoli florets fresh
- 1 tablespoon soy sauce reduced-sodium
- 1 tablespoon olive oil
- 2 teaspoons rice vinegar
- 2 teaspoons sesame seed toasted
- 1 tablespoon sugar

Equipment

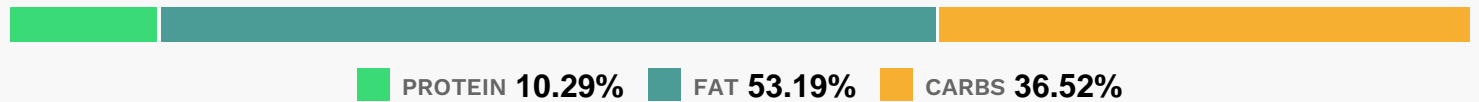
- bowl

- sauce pan
- steamer basket

Directions

- Place the broccoli in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 5–7 minutes or until crisp–tender.
- Meanwhile, in a small saucepan, combine the sugar, oil, soy sauce and vinegar. Cook and stir over medium heat until sugar is dissolved.
- Transfer the broccoli to a serving bowl.
- Drizzle with soy sauce mixture; sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:93.55, Glycemic Load:5.45, Inflammation Score:-7, Nutrition Score:14.756956649863%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 132.84kcal (6.64%), Fat: 8.37g (12.88%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 10.28g (3.74%), Sugar: 7.58g (8.43%), Cholesterol: 0mg (0%), Sodium: 318.55mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin C: 81.17mg (98.39%), Vitamin K: 97.03µg (92.41%), Folate: 62.79µg (15.7%), Manganese: 0.28mg (13.86%), Vitamin E: 1.76mg (11.7%), Vitamin A: 567.11IU (11.34%), Fiber: 2.66g (10.63%), Vitamin B6: 0.19mg (9.39%), Potassium: 325.37mg (9.3%), Phosphorus: 86.12mg (8.61%), Magnesium: 31.7mg (7.93%), Vitamin B2: 0.13mg (7.75%), Copper: 0.13mg (6.54%), Calcium: 65.1mg (6.51%), Iron: 1.11mg (6.15%), Vitamin B1: 0.08mg (5.58%), Vitamin B5: 0.55mg (5.48%), Selenium: 3.06µg (4.38%), Zinc: 0.59mg (3.95%), Vitamin B3: 0.76mg (3.81%)