



Sesame Steamed Broccoli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

Ingredients

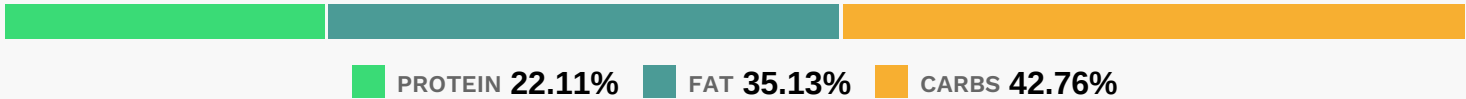
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce broccoli florets ()
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons sesame seed toasted

Equipment

Directions

- ☐ Steam broccoli, covered, 6 minutes or until crisp-tender.
- ☐ Combine oil and remaining 4 ingredients.
- ☐ Pour oil mixture over broccoli; toss.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:13.074782651404%

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: 52.78kcal (2.64%), Fat: 2.34g (3.6%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 388.87mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin C: 75.86mg (91.96%), Vitamin K: 87.16µg (83.01%), Folate: 58.09µg (14.52%), Manganese: 0.25mg (12.66%), Vitamin A: 530.63IU (10.61%), Fiber: 2.42g (9.67%), Potassium: 303.27mg (8.66%), Vitamin B6: 0.17mg (8.49%), Phosphorus: 75.9mg (7.59%), Vitamin B2: 0.12mg (7.14%), Magnesium: 27.11mg (6.78%), Calcium: 52.72mg (5.27%), Vitamin B5: 0.52mg (5.15%), Iron: 0.89mg (4.93%), Vitamin E: 0.72mg (4.81%), Vitamin B1: 0.07mg (4.78%), Copper: 0.09mg (4.41%), Selenium: 2.52µg (3.6%), Vitamin B3: 0.68mg (3.41%), Zinc: 0.49mg (3.27%)