



Shaved Broccoli Stalk Salad with Lime

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Leaves stalks from 1 bunch broccoli cut into batons (3 stalks)
- 0.3 cup feta cheese crumbled
- 2 servings kosher salt and pepper black
- 1.5 teaspoons juice of lime fresh
- 1 tablespoon olive oil extra-virgin

Equipment

- bowl
- cutting board

peeler

Directions

- Place the broccoli batons flat on a cutting board, then use a sharp vegetable peeler to shave the broccoli into paper-thin strips.
- Place the shaved broccoli and leaves in a medium bowl and toss with the olive oil, lime juice, and salt and pepper to taste. Gently fold in the cheese and serve immediately.

Nutrition Facts

 **PROTEIN 9.41%**  **FAT 86.82%**  **CARBS 3.77%**

Properties

Glycemic Index:29.5, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.9543478715679%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 112.68kcal (5.63%), Fat: 11.04g (16.98%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.07g (0.08%), Cholesterol: 16.69mg (5.56%), Sodium: 407.92mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin B2: 0.16mg (9.38%), Calcium: 93.39mg (9.34%), Vitamin E: 1.05mg (7.03%), Phosphorus: 64.04mg (6.4%), Vitamin B12: 0.32µg (5.28%), Vitamin K: 5.08µg (4.84%), Vitamin B6: 0.08mg (4.09%), Selenium: 2.83µg (4.04%), Zinc: 0.55mg (3.64%), Vitamin B1: 0.03mg (2.01%), Vitamin C: 1.57mg (1.9%), Vitamin B5: 0.19mg (1.89%), Vitamin A: 84.11IU (1.68%), Folate: 6.69µg (1.67%)