



Simple Broccoli Rabe



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



43 kcal

SIDE DISH

Ingredients



1 large bunch broccoli rabe



4 servings kosher salt and pepper



1 tablespoon olive oil

Equipment

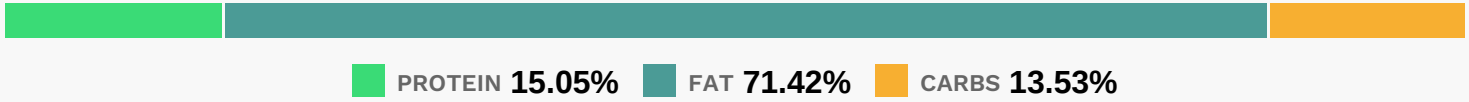


pot

Directions

- ☐
- Bring a large pot of water to a boil and add 1 tablespoon salt.
- ☐
- Add the broccoli rabe and cook until tender, 3 to 4 minutes.
- ☐
- Drain, squeezing to remove any excess water.
- ☐
- Transfer to plates, drizzle with the oil, and season with 1/4 teaspoon each salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:10.029130414776%

Flavonoids

Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 43.37kcal (2.17%), Fat: 3.78g (5.81%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0.21g (0.24%), Cholesterol: 0mg (0%), Sodium: 212.51mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin K: 128.67µg (122.54%), Vitamin A: 1481.43IU (29.63%), Vitamin C: 11.41mg (13.83%), Folate: 46.9µg (11.72%), Manganese: 0.22mg (11.18%), Vitamin E: 1.42mg (9.46%), Iron: 1.23mg (6.84%), Calcium: 61.17mg (6.12%), Fiber: 1.53g (6.1%), Vitamin B1: 0.09mg (6.1%), Vitamin B6: 0.1mg (4.83%), Vitamin B2: 0.07mg (4.29%), Phosphorus: 41.24mg (4.12%), Vitamin B3: 0.69mg (3.45%), Potassium: 110.82mg (3.17%), Magnesium: 12.44mg (3.11%), Zinc: 0.44mg (2.9%), Vitamin B5: 0.18mg (1.82%), Copper: 0.02mg (1.19%)