




 **96%**  
HEALTH SCORE

## Spicy Broccoli Saute

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 heads broccoli cut in small florets
- 4 servings splash chicken stock
- 3 tablespoons garlic minced
- 0.3 cup olive oil
- 1 teaspoon pepper flakes red to taste
- 4 servings salt and freshly cracked pepper black

### Equipment

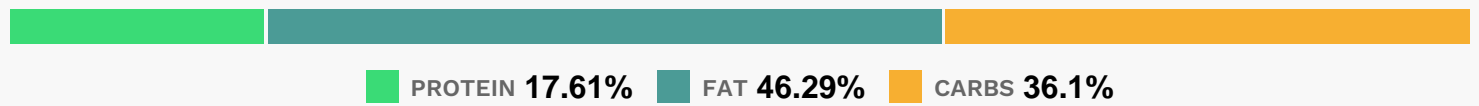
- bowl

frying pan

## Directions

- In a large saute pan over medium-high heat, add the oil. Stir in the garlic and red pepper flakes and cook until the garlic begins to brown, about 1 minute.
- Add the broccoli and toss until tender and it begins to color, about 3 to 4 minutes. Season the broccoli with salt and pepper, to taste. Stir in the chicken stock and cover to steam for a few minutes.
- Transfer to a serving bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:30.146521692691%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Kaempferol: 23.85mg, Kaempferol: 23.85mg, Kaempferol: 23.85mg, Kaempferol: 23.85mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg

## Nutrients (% of daily need)

Calories: 319.45kcal (15.97%), Fat: 17.61g (27.09%), Saturated Fat: 3g (18.74%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 22.69g (8.25%), Sugar: 9.06g (10.06%), Cholesterol: 7.2mg (2.4%), Sodium: 646.8mg (28.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.14%), Vitamin C: 273.52mg (331.54%), Vitamin K: 319.32µg (304.11%), Folate: 203.84µg (50.96%), Vitamin A: 2049.91IU (41%), Vitamin B6: 0.76mg (38.16%), Manganese: 0.75mg (37.39%), Potassium: 1246.63mg (35.62%), Vitamin B2: 0.57mg (33.59%), Fiber: 8.2g (32.82%), Vitamin E: 4.58mg (30.55%), Vitamin B3: 5.83mg (29.17%), Phosphorus: 276.12mg (27.61%), Vitamin B1: 0.31mg (20.87%), Selenium: 13.83µg (19.76%), Magnesium: 75.69mg (18.92%), Vitamin B5: 1.78mg (17.82%), Iron: 2.99mg (16.61%), Calcium: 162.85mg (16.28%), Copper: 0.3mg (15.08%), Zinc: 1.67mg (11.16%)