



 **79%**
HEALTH SCORE

Spicy Broccoli with Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli
- 4.5 tablespoons olive oil
- 1 clove garlic minced
- 0.3 teaspoon salt
- 0.1 teaspoon pepper red crushed
- 1.5 teaspoons vinegar
- 0.8 cup water

Equipment

frying pan

Directions

- Peel and slice thick stems from broccoli; separate florets.
- In a skillet, bring water to a simmer over medium-low heat.
- Add stems and florets; cook, covered, until bright green, 4 minutes.
- Stir in olive oil, minced garlic, salt, and crushed red pepper. Cook 4 minutes.
- Turn off heat; stir in vinegar.

Nutrition Facts



PROTEIN 9.1% **FAT 69.18%** **CARBS 21.72%**

Properties

Glycemic Index:28, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:18.570869487265%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 198.69kcal (9.93%), Fat: 16.39g (25.22%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 7.11g (2.59%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 205.2mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin C: 151.96mg (184.2%), Vitamin K: 183.06µg (174.34%), Folate: 107.2µg (26.8%), Vitamin E: 3.62mg (24.13%), Vitamin A: 1078.3IU (21.57%), Manganese: 0.37mg (18.61%), Fiber: 4.46g (17.84%), Potassium: 541.96mg (15.48%), Vitamin B6: 0.31mg (15.41%), Vitamin B2: 0.2mg (11.79%), Phosphorus: 113.67mg (11.37%), Vitamin B5: 0.98mg (9.8%), Magnesium: 36.47mg (9.12%), Calcium: 83.2mg (8.32%), Vitamin B1: 0.12mg (8.16%), Iron: 1.36mg (7.53%), Selenium: 4.38µg (6.26%), Vitamin B3: 1.1mg (5.5%), Zinc: 0.71mg (4.76%), Copper: 0.09mg (4.68%)