



Spicy Sauteed Broccoli

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 1 large bunch broccoli
- 0.5 cup chicken stock see
- 1 teaspoon chili sauce hot to taste (recommended: sriracha)
- 2 cloves garlic chopped
- 4 servings kosher salt
- 2 tablespoons olive oil extra-virgin

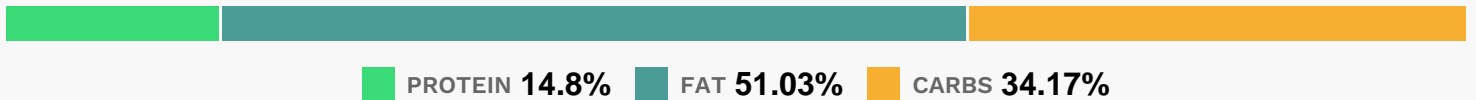
Equipment

- bowl
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Put a pot of water on to boil. Prepare a large bowl of ice water.
- Cut the broccoli into florets. When the water is boiling, add the broccoli. Cook for 30 seconds. Immediately drain and add them to the bowl of ice water. When cool, drain well.
- In a large skillet over medium heat, add the olive oil. When it is warm, add the garlic and cook for 1 minute until toasted, do not let it burn.
- Add the broccoli, toss to coat with the oil and garlic, and season with salt and pepper, to taste.
- Add the chicken stock and hot chili sauce, raise the heat to high, and cook until the broccoli is just tender, about 2 minutes.
- Serve immediately with grilled shrimp, if using.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:17.804347784623%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 128kcal (6.4%), Fat: 7.94g (12.21%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 7.92g (2.88%), Sugar: 3.24g (3.6%), Cholesterol: 0.9mg (0.3%), Sodium: 304.02mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin C: 136.31mg (165.23%), Vitamin K: 159.57µg (151.97%), Folate: 97.43µg (24.36%), Vitamin A: 957.04IU (19.14%), Manganese: 0.36mg (17.88%), Fiber:

4.04g (16.16%), Vitamin B6: 0.31mg (15.26%), Potassium: 523.9mg (14.97%), Vitamin E: 2.23mg (14.86%), Vitamin B2: 0.21mg (12.12%), Phosphorus: 111.52mg (11.15%), Vitamin B5: 0.88mg (8.81%), Magnesium: 33.82mg (8.46%), Vitamin B1: 0.12mg (8.18%), Calcium: 75.94mg (7.59%), Vitamin B3: 1.48mg (7.38%), Iron: 1.26mg (6.99%), Selenium: 4.69µg (6.7%), Copper: 0.1mg (4.91%), Zinc: 0.69mg (4.58%)