



HEALTH SCORE

74%

Spicy Sauteed Broccolini with Garlic



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 2 lb broccoli rabe ends trimmed (sometimes called baby broccoli)
- ☐ 0.3 cup chicken broth fat-free low-fat low-sodium
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper flakes dried red hot

Equipment

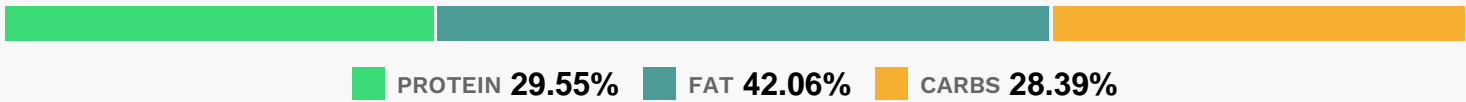
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ colander

Directions

- ☐ Cook Broccolini in a 6- to 8-quart pot of boiling salted water until stems are crisp-tender, about 5 minutes.
- ☐ Drain in a colander, then plunge into a large bowl of ice and cold water to stop cooking.
- ☐ Drain again and pat dry with paper towels.
- ☐ Heat 1 1/2 teaspoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking.
- ☐ Add half of garlic and 1/4 teaspoon red pepper flakes and sauté, stirring, until garlic is golden, about 1 minute.
- ☐ Add half of Broccolini and 2 tablespoons stock and cook, stirring, 2 minutes.
- ☐ Transfer to a serving dish, then repeat with remaining oil, garlic, red pepper flakes, Broccolini, and stock. Season with salt.
- ☐ Each serving contains about 32 calories and 1 gram fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:15.771304233567%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 42.17kcal (2.11%), Fat: 2.34g (3.6%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 68.65mg (2.98%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin K: 255.21µg (243.06%), Vitamin A: 3010.43IU (60.21%),

Vitamin C: 23.14mg (28.05%), Folate: 94.25µg (23.56%), Manganese: 0.46mg (23.17%), Vitamin E: 2.14mg (14.25%), Iron: 2.48mg (13.78%), Fiber: 3.12g (12.48%), Calcium: 124.54mg (12.45%), Vitamin B1: 0.19mg (12.4%), Vitamin B6: 0.21mg (10.34%), Vitamin B2: 0.15mg (8.81%), Phosphorus: 85.08mg (8.51%), Vitamin B3: 1.44mg (7.21%), Potassium: 229.85mg (6.57%), Magnesium: 25.39mg (6.35%), Zinc: 0.89mg (5.92%), Vitamin B5: 0.38mg (3.79%), Copper: 0.05mg (2.62%), Selenium: 1.42µg (2.03%)