



Steamed Broccoli with Garlic Oil

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- 1.5 pounds broccoli for another use
- 2 tablespoons olive oil
- 1 garlic clove minced
- 3 strips lemon zest with a vegetable peeler and thinly sliced
- 1 serving coarse mustard

Equipment

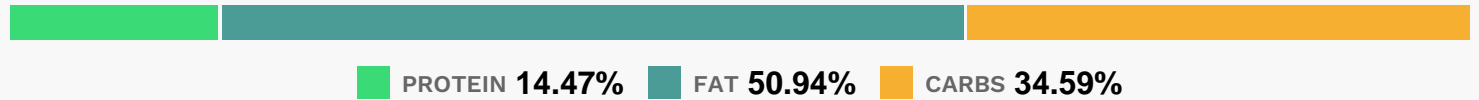
- bowl
- sauce pan

steamer basket

Directions

- Place a steamer basket in a saucepan filled with 1 inch water. Bring to a gentle boil.
- Add broccoli. Cover, and cook until crisp-tender, 4 to 6 minutes.
- Transfer to a serving bowl.
- In a small saucepan, heat oil over medium-high.
- Add garlic and lemon zest; season with salt and pepper. Cook until garlic is golden, 1 to 3 minutes. Immediately remove from heat, and drizzle over broccoli.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:18.239565227343%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg 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: 121.95kcal (6.1%), Fat: 7.68g (11.81%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 7.16g (2.6%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 70.19mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin C: 152.93mg (185.37%), Vitamin K: 177.74µg (169.28%), Folate: 107.37µg (26.84%), Vitamin A: 1061.04IU (21.22%), Manganese: 0.38mg (18.75%), Fiber: 4.57g (18.29%), Vitamin E: 2.34mg (15.61%), Potassium: 543.66mg (15.53%), Vitamin B6: 0.31mg (15.46%), Vitamin B2: 0.2mg (11.84%), Phosphorus: 114.85mg (11.49%), Vitamin B5: 0.99mg (9.85%), Magnesium: 36.62mg (9.16%), Vitamin B1: 0.13mg (8.34%), Calcium: 83.17mg (8.32%), Iron: 1.32mg (7.33%), Selenium: 4.79µg (6.84%), Vitamin B3: 1.1mg (5.51%), Zinc: 0.72mg (4.77%), Copper: 0.09mg (4.36%)