



## Stir-Fried Broccoli



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

## Ingredients

- ☐ 2 pounds broccoli florets cut into bite-size pieces ( 12 cups)
- ☐ 2 cloves garlic minced
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 bell pepper red cored seeded thinly sliced
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sesame seed
- ☐ 2 tablespoons vegetable oil

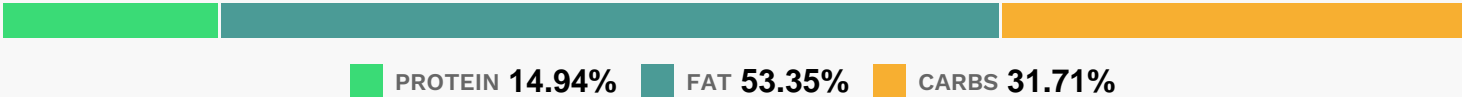
# Equipment

☐ frying pan

# Directions

- ☐ Spread sesame seeds in a small skillet over medium-high heat and cook, stirring constantly, until lightly toasted and beginning to release oil, about 1 minute.
- ☐ Remove to a plate to cool.
- ☐ Warm vegetable oil with sesame oil in a large skillet over medium-high heat.
- ☐ Add garlic and saut until fragrant, about 1 minute. Stir in bell pepper.
- ☐ Add broccoli and stir well until coated in oil. Cook, stirring, until broccoli is slightly softened, 2 to 3 minutes.
- ☐ Pour in broth; bring to a simmer. Reduce heat to low, cover and cook, stirring once or twice, until broccoli is tender, about 5 minutes.
- ☐ Sprinkle with sesame seeds. Season with salt and pepper; serve warm.

# Nutrition Facts



# Properties

Glycemic Index:16.13, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:16.491304325021%

# Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

# Nutrients (% of daily need)

Calories: 103.31kcal (5.17%), Fat: 6.77g (10.41%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 5.69g (2.07%), Sugar: 2.29g (2.55%), Cholesterol: 0mg (0%), Sodium: 240.71mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin C: 110.91mg (134.43%), Vitamin K: 122.53µg (116.7%), Folate: 76.82µg (19.21%), Vitamin A: 939.59IU (18.79%), Manganese: 0.31mg (15.44%), Fiber: 3.36g (13.43%), Vitamin B6: 0.25mg (12.41%), Potassium: 411.81mg (11.77%), Phosphorus: 99.35mg (9.94%), Vitamin B2: 0.15mg (9.04%), Vitamin E: 1.31mg (8.73%), Magnesium: 32.21mg (8.05%), Copper: 0.16mg (7.8%), Calcium: 75.98mg (7.6%),

Iron: 1.23mg (6.82%), Vitamin B1: 0.1mg (6.79%), Vitamin B5: 0.68mg (6.79%), Vitamin B3: 1.3mg (6.49%), Selenium:  
3.64µg (5.2%), Zinc: 0.68mg (4.51%)