



Stir-Fried Broccoli with Mustard Glaze



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon dijon mustard stone-ground
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon water
- ☐ 3 tablespoons water

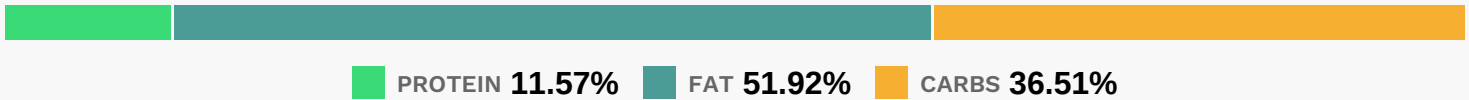
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix butter, brown sugar and mustard; set aside.
- ☐ Heat oil in 10-inch skillet or wok over medium-high heat.
- ☐ Add broccoli; stir-fry 1 minute.
- ☐ Add 3 tablespoons water. Cover and cook about 3 minutes or until broccoli is crisp-tender.
- ☐ Add butter mixture and 1 tablespoon water; toss until broccoli is coated.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:15.273913095665%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 107.46kcal (5.37%), Fat: 6.76g (10.41%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 7.59g (2.76%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 113.27mg (4.92%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin C: 101.17mg (122.63%), Vitamin K: 121.97µg (116.17%), Folate: 71.77µg (17.94%), Vitamin A: 834.33IU (16.69%), Manganese: 0.26mg (12.78%), Fiber: 3.11g (12.44%), Potassium: 369.42mg (10.55%), Vitamin B6: 0.2mg (10.13%), Vitamin E: 1.28mg (8.56%), Vitamin B2: 0.14mg (8.03%), Phosphorus: 79.82mg (7.98%), Vitamin B5: 0.67mg (6.68%), Magnesium: 26.14mg (6.53%), Calcium: 59.65mg (5.96%), Selenium: 4.15µg (5.92%), Vitamin B1: 0.09mg (5.86%), Iron: 0.91mg (5.05%), Vitamin B3: 0.75mg (3.75%), Zinc: 0.49mg (3.28%), Copper: 0.06mg (3.11%)