



Tahini and Lemon Broccoli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 4 cups broccoli florets steamed
- 2 tablespoons canola oil
- 1 tablespoon juice of lemon
- 2 teaspoons lower-sodium soy sauce
- 1.5 tablespoons tahini
- 1 tablespoon water

Equipment

Directions

- Add tahini, water, lemon juice, soy sauce, and black pepper to canola oil.
- Add steamed broccoli florets.

Nutrition Facts

PROTEIN 10.91% **FAT 66.87%** **CARBS 22.22%**

Properties

Glycemic Index:16, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:15.073912972989%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 128.68kcal (6.43%), Fat: 10.34g (15.91%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 5.04g (1.83%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 122.25mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin C: 82.86mg (100.44%), Vitamin K: 98.02µg (93.35%), Folate: 64.71µg (16.18%), Vitamin E: 1.95mg (13.01%), Vitamin A: 571.61IU (11.43%), Phosphorus: 109.14mg (10.91%), Manganese: 0.22mg (10.9%), Fiber: 2.69g (10.76%), Vitamin B1: 0.16mg (10.41%), Potassium: 327.7mg (9.36%), Vitamin B6: 0.17mg (8.69%), Vitamin B2: 0.12mg (7.06%), Copper: 0.14mg (6.96%), Magnesium: 26.66mg (6.66%), Selenium: 4.23µg (6.05%), Vitamin B5: 0.54mg (5.36%), Iron: 0.96mg (5.34%), Calcium: 52.34mg (5.23%), Vitamin B3: 0.93mg (4.66%), Zinc: 0.66mg (4.38%)