



Tenderstem broccoli with sesame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 250 g purple sprouting broccoli
- ☐ 1 garlic clove
- ☐ 1 small knob ginger peeled
- ☐ 1 small bunch coriander separated
- ☐ 2 tbsp vegetable oil
- ☐ 2 tsp sesame seed
- ☐ 1 handful basil leaves

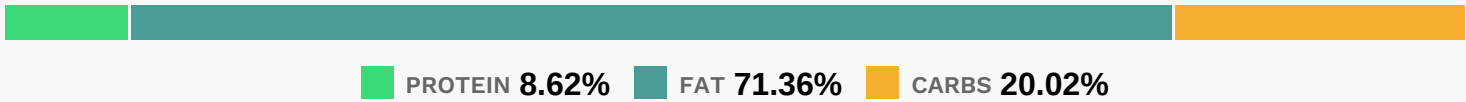
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Steam the broccoli or simply boil it for 3 mins. Make a rough paste by pounding or blending the garlic, ginger and coriander stems together.
- ☐ Pour the oil into a hot wok or frying pan.
- ☐ Add the paste, then turn up the heat to full and sizzle for 1 min. Tip in the cooked broccoli, toss well and sprinkle over the sesame seeds. Turn off the heat, throw in the coriander and basil leaves, give it a stir and serve.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:10.806086820105%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 4.9mg, Kaempferol: 4.9mg, Kaempferol: 4.9mg, Kaempferol: 4.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 88.98kcal (4.45%), Fat: 7.55g (11.61%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 21.83mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin K: 84.54µg (80.52%), Vitamin C: 56.63mg (68.64%), Vitamin A: 550.87IU (11.02%), Folate: 41.97µg (10.49%), Manganese: 0.18mg (9.16%), Vitamin E: 1.1mg (7.34%), Fiber: 1.83g (7.31%), Vitamin B6: 0.13mg (6.54%), Potassium: 218.12mg (6.23%), Phosphorus: 50.01mg (5%), Vitamin B2: 0.08mg (4.71%), Magnesium: 17.77mg (4.44%), Calcium: 42.75mg (4.27%), Copper: 0.08mg (4.03%), Vitamin B5: 0.38mg (3.76%), Iron: 0.67mg (3.71%), Vitamin B1: 0.06mg (3.69%), Selenium: 2.03µg (2.91%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.36mg (2.38%)