



WHATSheATE



Thin-stemmed broccoli with hoisin sauce & fried shallots



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 8 servings vegetable oil for shallow frying
- ☐ 4 shallots thinly sliced
- ☐ 1 garlic clove thinly sliced
- ☐ 500 g broccoli
- ☐ 4 tbsp hoisin sauce

Equipment

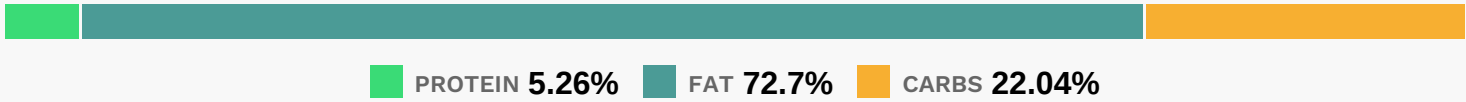
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Heat 2.5cm of oil in a small saucepan until a small piece of bread sizzles.
- ☐ Add the shallots and garlic, and fry for about 2 mins or until golden.
- ☐ Drain on kitchen paper and sprinkle with salt.
- ☐ Bring a large pan of water to the boil.
- ☐ Add the broccoli and blanch for 5–10 mins until just cooked, then drain.
- ☐ Serve immediately on a large platter drizzled with the hoisin sauce and sprinkled with the fried garlic and shallots.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:11.266521858132%

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 172.17kcal (8.61%), Fat: 14.52g (22.33%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 7.65g (2.78%), Sugar: 4.23g (4.7%), Cholesterol: 0.24mg (0.08%), Sodium: 151.79mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin K: 89.64µg (85.37%), Vitamin C: 56.9mg (68.97%), Folate: 45.48µg (11.37%), Vitamin E: 1.66mg (11.07%), Manganese: 0.19mg (9.72%), Fiber: 2.26g (9.03%), Vitamin B6: 0.16mg (8.11%), Vitamin A: 390.39IU (7.81%), Potassium: 250.27mg (7.15%), Vitamin B2: 0.09mg (5.49%), Phosphorus: 52.36mg (5.24%), Magnesium: 17.76mg (4.44%), Vitamin B5: 0.4mg (4.02%), Iron: 0.7mg (3.87%), Calcium: 37.24mg (3.72%), Vitamin B1: 0.05mg (3.53%), Selenium: 1.91µg (2.73%), Copper: 0.05mg (2.65%), Vitamin B3: 0.52mg (2.6%), Zinc: 0.34mg (2.24%)