

food
network



HEALTH SCORE

93%

Toasted Bread with Broccoli: Pancotto con Broccoli



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



325 kcal

Ingredients

- ☐ 1 inch day-old peasant bread italian cut into 1-inch chunks
- ☐ 3.5 pounds broccoli
- ☐ 4 garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin for garnish
- ☐ 4 servings parmesan grated for garnish
- ☐ 1 chile pepper red cut in half
- ☐ 4 servings salt

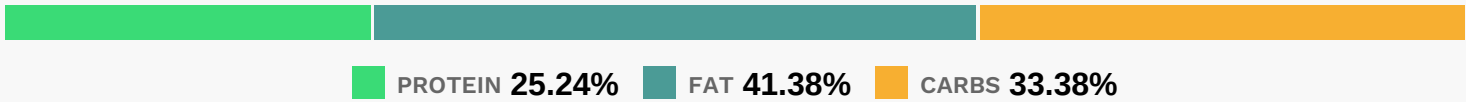
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring 8 quarts water to a rolling boil and add 2 tablespoons salt.
- ☐ Add the broccoli and cook until tender, about 6 minutes.
- ☐ Drain, reserve the cooking liquid and set aside.
- ☐ In a 12-inch saucepan, heat the olive oil until hot but not smoking.
- ☐ Add the garlic and chile pepper halves and cook until soft and light golden brown, about 5 minutes.
- ☐ While the garlic and pepper cook, cut the drained broccoli into small florets, about 1/2-inch each.
- ☐ Add the bread to the pan with a few ladles of reserved broccoli water. Then add the broccoli, season with salt and simmer 4 to 5 minutes.
- ☐ Garnish with extra-virgin olive oil and grated Parmesan.
- ☐ Serve very hot.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:35.466521885084%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Kaempferol: 31.12mg, Kaempferol: 31.12mg, Kaempferol: 31.12mg, Kaempferol: 31.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 325.13kcal (16.26%), Fat: 16.31g (25.09%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 19.03g (6.92%), Sugar: 7.65g (8.5%), Cholesterol: 20.4mg (6.8%), Sodium: 810.03mg (35.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.77%), Vitamin C: 371.13mg (449.86%), Vitamin K: 411.21µg (391.63%), Folate: 255.36µg (63.84%), Vitamin A: 2814.33IU (56.29%), Calcium: 549.73mg (54.97%), Phosphorus: 480.4mg (48.04%), Manganese: 0.92mg (45.94%), Fiber: 10.58g (42.31%), Vitamin B6: 0.82mg (40.83%), Potassium: 1331.04mg (38.03%), Vitamin B2: 0.58mg (34.03%), Vitamin E: 4.25mg (28.34%), Magnesium: 100.15mg (25.04%), Selenium: 17.34µg (24.77%), Vitamin B5: 2.46mg (24.56%), Vitamin B1: 0.31mg (20.68%), Iron: 3.37mg (18.74%), Zinc: 2.52mg (16.82%), Vitamin B3: 2.81mg (14.07%), Copper: 0.23mg (11.43%), Vitamin B12: 0.36µg (6%)