

Zippy Broccoli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- 7 cups broccoli florets fresh
- 2 garlic clove minced
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 1 teaspoon hot sauce hot
- 1 teaspoon salt
- 0.3 cup water

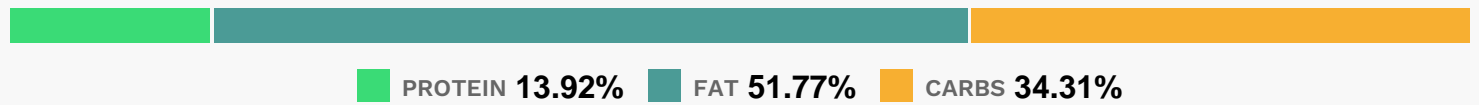
Equipment

- bowl
- microwave

Directions

- Place broccoli and water in a microwave-safe bowl; cover and cook on high for 3–5 minutes or until crisp-tender. Meanwhile, combine remaining ingredients.
- Drain broccoli.
- Drizzle with lemon juice mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:11.767825924832%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 59.6kcal (2.98%), Fat: 3.8g (5.85%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.58g (1.3%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 330.76mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin C: 72.36mg (87.71%), Vitamin K: 83.35µg (79.38%), Folate: 50.59µg (12.65%), Vitamin A: 497.05IU (9.94%), Manganese: 0.18mg (9.05%), Fiber: 2.09g (8.37%), Vitamin E: 1.13mg (7.53%), Vitamin B6: 0.15mg (7.51%), Potassium: 257.37mg (7.35%), Vitamin B2: 0.09mg (5.57%), Phosphorus: 53.9mg (5.39%), Vitamin B5: 0.46mg (4.64%), Magnesium: 17.13mg (4.28%), Calcium: 39.37mg (3.94%), Vitamin B1: 0.06mg (3.91%), Iron: 0.62mg (3.44%), Selenium: 2.1µg (3%), Vitamin B3: 0.52mg (2.59%), Zinc: 0.34mg (2.25%), Copper: 0.04mg (2.16%)