

Charred Broccoli with Chickpeas- From Betty Denardo



Toss 8 cups broccoli florets, 2 tablespoons olive oil, $\frac{1}{4}$ teaspoon kosher salt and a few grinds of pepper on a baking sheet.

Broil until charred 6 to 8 minutes.

Whisk $\frac{1}{4}$ cup of whole milk plain yogurt and chopped cilantro, 1 tablespoon each of olive oi, and lemon juice and a pinch of eat of salt and pepper.

Top the broccoli with the dressing and $\frac{1}{4}$ cup each of golden raisins (optional) and roasted chickpeas

Nutrition Facts

servings per container

Serving size (194g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 430mg 19%

Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 99mg 8%

Iron 2mg 10%

Potassium 603mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Multi Column: Charred Broccoli with Chickpeas

Multi-Column

Nutrients Per Serving

Basic Components

Gram Weight (g) 193.63

Calories (kcal) 189.80

Calories from Fat (kcal) 101.45

Calories from SatFat (kcal) 17.37

Protein (g) 5.97

Carbohydrates (g) 18.86

Total Dietary Fiber (g) 4.66

Total Soluble Fiber (g) 0.36

Dietary Fiber (2016) (g) 3.84

Soluble Fiber (2016) (g) 0.36

Total Sugars (g) 10.62

Added Sugar (g)	0
Monosaccharides (g)	0.00
Disaccharides (g)	0.00
Other Carbs (g)	3.58
Fat (g)	11.77
Saturated Fat (g)	1.93
Mono Fat (g)	7.73
Poly Fat (g)	1.87
Trans Fatty Acid (g)	0
Cholesterol (mg)	1.99
Water (g)	152.50
Vitamins	
Vitamin A - IU (IU)	4261.57
Vitamin A - RAE (mcg)	219.08
Carotenoid RE (mcg)	426.16
Retinol RE (mcg)	4.13
Beta-Carotene (mcg)	22.95
Vitamin B1 - Thiamin (mg)	0.11
Vitamin B2 - Riboflavin (mg)	0.20
Vitamin B3 - Niacin (mg)	0.99
Vitamin B3 - Niacin Equiv (mg)	1.68
Vitamin B6 (mg)	0.25
Vitamin B12 (mcg)	0.06
Biotin (mcg)	--
Vitamin C (mg)	133.24
Vitamin D - IU (IU)	0.61
Vitamin D - mcg (mcg)	0.02
Vitamin E - Alpha-Toco (mg)	0.07
Folate (mcg)	120.13

Folate, DFE (mcg DFE) 120.13

Vitamin K (mcg) 2.47

Pantothenic Acid (mg) 0.76

Minerals

Calcium (mg) 98.71

Chromium (mcg) 0.05

Copper (mg) 0.11

Fluoride (mg) 0.00

Iodine (mcg) --

Iron (mg) 1.86

Magnesium (mg) 43.15

Manganese (mg) 0.36

Molybdenum (mcg) 7.10

Phosphorus (mg) 126.43

Potassium (mg) 603.01

Selenium (mcg) 5.00

Sodium (mg) 433.91

Zinc (mg) 0.83

Poly Fats

Omega 3 Fatty Acid (g) 0.19

Omega 6 Fatty Acid (g) 0.18

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 6.98