



Simply Steamed Broccoli

Prep Time	10 mins
Total Time	10 mins
Meal Type	Side
Contributed By	LivingPlateRx
Source	Living Plate
Servings	4



Ingredients

lb,c g,ml

- 8 cups broccoli florets

Directions

Prep

1. Wash and cut broccoli into uniform florets.

Make

1. Place about 2" of water in the bottom of a pan. Bring to a boil then reduce to simmer.
2. Place broccoli in steamer rack and set above simmering water.
3. Cover and steam until broccoli turns bright green and is al dente [a bit soft with some bite] – about 3 minutes.
4. Rinse in cold water and store in covered container in refrigerator.

Notes

Meal Prep Tip: Select two low-glycemic vegetables a week to steam and store in the refrigerator. Broccoli, cauliflower, green beans, asparagus, etc.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories **62**
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0.7g	1%	Total Carbohydrates 12g	4%
Saturated Fat 0.2g	1%	Dietary Fiber 5g	18%
Trans Fat 0.0g		Total Sugars 3g	
Cholesterol 0mg	0%	Protein 5g	
Sodium 60mg	2%		

* The percent Daily Value (DV) 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.

Vitamin D 0mcg 0% · Calcium 86mg 8% · Iron 1mg 7% · Potassium 575mg 12%

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