



Simple Steamed Broccoli

Cooking Light

Yield: 4 servings (serving size: 1 cup)

Total: 12 Minutes



Ingredients

4 cups broccoli florets

1/8 teaspoon salt

1 tablespoon butter

1/8 teaspoon freshly ground black pepper

1/2 teaspoon grated lemon rind

Preparation

1. Steam broccoli 5 minutes or until crisp-tender. Place broccoli in a bowl. Add butter, rind, salt, and pepper; toss until butter melts.

Nutritional Information

Amount per serving

Calories: 46 Fat: 3.1g Saturated fat: 1.9g Monounsaturated fat: 0.8g Polyunsaturated fat: 0.2g

Protein: 2.2g Carbohydrate: 3.8g Fiber: 2.2g Cholesterol: 8mg Iron: 0.7mg Sodium: 113mg

Calcium: 36mg

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