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## Lemony Roasted Broccoli

Lemony Roasted Broccoli is a delicious vegetarian dish that is perfect as a side or main course. The broccoli is roasted to perfection, giving it a crispy texture, and is then tossed in a tangy lemon sauce. This recipe is a great way to enjoy the health benefits of broccoli while adding a burst of flavor to your meal.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	broccoli
2 tbsp	olive oil
2 tbsp	lemon juice
2 cloves	garlic

1 tsp salt

1 tsp black pepper

## Directions

### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Cutting

Cut the broccoli into florets and place them on a baking sheet.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

Drizzle olive oil over the broccoli and toss to coat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Sprinkling

Season with salt and black pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Roasting

Roast in the preheated oven for 15-20 minutes, or until the broccoli is tender and slightly charred.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

Mixing

In a small bowl, whisk together lemon juice and minced garlic.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

Drizzling

Drizzle the lemon-garlic sauce over the roasted broccoli.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

Mixing

Toss to coat the broccoli evenly.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 9

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat: 7 g**

**Protein: 7 g**

**Carbohydrates: 20 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	170 mg	188.89%	226.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Game Day

### Cuisines

Italian Indian French American

### Nutritional Content

Low Fat Low Sodium High Vitamin C High Calcium

### Kitchen Tools

Blender

### Course

Salads Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year

### Cost

Over \$50

### Demographics

Senior Friendly

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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