

Italian Broccoli Rabe

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-broccoli-rabe-recipe>

Ingredients:

- 1 tablespoon extra virgin olive oil note in photos I used more because I made more than 1 bunch.
- 1 bunch broccoli rabe
- 2 cloves garlic minced
- 1 pinch red pepper flake
- 1 teaspoon salt
- 1 bunch broccoli rabe
- 2 cloves garlic minced
- 1 tablespoon olive oil extra virgin, preferably
- 1 pinch red pepper flake
- 1 teaspoon salt

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 3 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 1200 milligrams

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