

Roasted Broccoli

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-roasted-garlic-broccoli-recipe>

Ingredients:

- 2 heads broccoli cut into quarters*
- 2 tablespoons olive oil
- 3 cloves garlic minced
- 1 lemon cut into wedges
- kosher salt
- ground black pepper
- grated Parmesan optional garnish:

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 240 milligrams
9. Sugar: 4 grams

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