

Christmas Inspired Sautéed Broccoli

Yield: 12 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-mushroom-casserole-christmas-kraft-recipe-book>

Ingredients:

- 4 pounds broccoli
- 1/2 cup grass-fed butter
- 1 red pepper sliced into thin strips
- 1/2 cup mushrooms sliced
- salt
- pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 5 grams
8. Sodium: 170 milligrams
9. Sugar: 4 grams

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