

Rapini With Chile And Meyer Lemon

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/rapini-indian-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1/2 lemon Meyer or regular
- 1 lemon Meyer or regular
- 1/2 teaspoon red pepper flakes or 1 Fresno chile, stemmed and sliced
- 1 bunch rapini or broccoli rabe, stem ends chopped off and the rest chopped into 1-inch pieces
- 1/2 teaspoon kosher salt or Maldon
- ground black pepper freshly

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 320 milligrams

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