

Broccoli Rabe with Garlic

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon olive oil
- 2 garlic cloves thinly sliced
- 1 bunch broccoli rabe about 1 lb., 500 g, ends trimmed
- kosher salt
- freshly ground pepper
- 1/8 teaspoon red pepper flakes
- 2 tablespoons water

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 3 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 210 milligrams

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