

Sesame Steamed Broccoli

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 head broccoli cut into small florets
- 2 cloves garlic minced
- 1 tablespoon reduced sodium soy sauce or tamari
- 1/2 teaspoon dark sesame oil
- 1/4 teaspoon crushed red pepper flakes
- 1 tablespoon toasted sesame seeds

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 12 grams
3. Fat: 1.5 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. Sodium: 180 milligrams
7. Sugar: 3 grams

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