

Poached Broccoli/ Cauliflower

Yield: 4 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for avocado oil

To make it FODMAP friendly, swap honey for maple syrup

Ingredients

2 cups broccoli/cauliflower

3–4 cups water

1 Tbsp salt, kosher

Directions

1. Bring water (3–4 cups) and salt (1 Tbsp) to a boil in a saucepan over high heat.
2. Gently place the vegetable into the water.
3. Cook until tender (3–5 minutes).
4. Remove from the water with a slotted spoon or strain through a colander.



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Nutrition Facts

Serving size 1 (8oz)

Amount Per Serving **228g**

Calories **15**

% Daily Value

Total Fat 0.2g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 1763mg **73%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 1g **3%**

Vitamin A **6%**

Vitamin C **68%**

Calcium **4%**

Iron **2%**