

# 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
<b>Calories</b>	<b>15</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 0.2g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1763mg	<b>73%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 1g	
<b>Protein</b> 1g	<b>3%</b>
Vitamin A	<b>6%</b>
Vitamin C	<b>68%</b>
Calcium	<b>4%</b>
Iron	<b>2%</b>