

Steamed Broccoli

5 SERVINGS 10 MINUTES



INGREDIENTS

5 cups Broccoli (chopped into florets)

DIRECTIONS

01 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	31	Fiber	2g
Fat	0g	Protein	3g
Carbs	6g		

