

Cheesy Roasted Broccoli

You have to get your veggies in and I am always looking for ways to make them more fun but keep the macros reasonable. Nutritional yeast and lemon juice give this a cheesy, nutty taste.



PREP TIME

10 mins

COOK TIME

10 mins

TOTAL TIME

20 mins



COURSE

Gluten Free, Sides, Vegetables



SERVINGS

3 servings

CALORIES

90 kcal

INGREDIENTS

- 6 c Broccoli
- 2 tsp lemon juice
- 1 Tbsp garlic powder
- 1/2 tsp Salt
- 1/4 tsp black pepper
- 3 Tbsp Nutritional Yeast

INSTRUCTIONS

1. Preheat oven to 400°F/204°C
2. Add broccoli florets to a bowl and drizzle with lemon juice. Massage olive oil into broccoli until all the heads are covered. This will allow the spices to spread evenly.
3. Sprinkle remaining ingredients on broccoli and toss well.
4. Spread broccoli on a baking sheet in one layer.
5. Bake for 8-12 minutes, or until broccoli is tender and starts to brown.
6. Sprinkle with additional nutritional yeast when serving, if desired!

NUTRITION

Nutrition Facts

Cheezy Roasted Broccoli

Amount Per Serving

Calories 90	Calories from Fat 9
% Daily Value*	
Fat 1g	2%
Sodium 433mg	19%
Potassium 300mg	9%
Carbohydrates 13g	4%
Fiber 8g	33%
Sugar 3g	3%
Protein 10g	20%
Vitamin C 82.5mg	100%
Calcium 50mg	5%
Iron 0.9mg	5%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!