



Organic Broccoli Puree

Servings

4

Calories

140

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

2 (10 ounces) packages Mann's Organic Broccoli Florets

3 garlic cloves, whole, roasted

1 tablespoon butter

2 ounces Parmesan cheese

salt to taste



The Method

Steam Mann's Organic Broccoli Florets until slightly tender, about 6 minutes. Then shock by submerging the florets in a bath of ice water. Strain and add the florets to your food processor along with the garlic cloves, butter, and Parmesan cheese. Process until completely smooth. Add salt to taste and garnish with cheese for serving.

Nutrition Facts

Serving Size: 162g | Servings: 4

Amount Per Serving

Calories 140 | Total Fat 7g (sat 4g trans 0g) | Cholesterol 20mg | Sodium 330mg | Total Carbohydrate 12g | Dietary Fiber 4g |

Sugars 2g (Includes 0g Added Sugars) | Protein 8g | Vitamin D 0% | Calcium 15% | Iron 6% | Potassium 10%