

# Broccoli with Lemon Butter

Mrs. Lewis Olen White

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 6

2 packages (10 ounce ea) frozen  
broccoli OR equivalent amount of  
fresh broccoli

1 cup slivered almonds

1/2 cup butter or margarine

1/2 teaspoon salt

4 1/2 tablespoons lemon juice

Cook the broccoli according to package  
directions or use fresh-cooked broccoli.

In a separate saucepan, simmer the almonds in  
butter over low heat until golden, stirring  
occasionally.

Remove from the heat and add the salt and  
lemon juice. Pour over the broccoli in a serving  
dish.

*This recipe for almond butter also  
works well with asparagus, brussels  
sprouts or cauliflower.*

---

Per Serving (excluding unknown  
items): 280 Calories; 28g Fat  
(85.6% calories from fat); 5g  
Protein; 5g Carbohydrate; 2g  
Dietary Fiber; 41mg Cholesterol;  
336mg Sodium. Exchanges: 1/2  
Grain(Starch); 1/2 Lean Meat; 0  
Fruit; 5 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	280	Vitamin B6 (mg):	trace
% Calories from Fat:	85.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	7.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	28g	Folacin (mcg):	11mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	41mg	% Daily*	n n%
Carbohydrate (g):	5g	<b>Food Exchanges</b>	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	336mg	Vegetable:	0

**Potassium (mg):** 200mg  
**Calcium (mg):** 66mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 580IU  
**Vitamin A (r.e.):** 143 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 280      **Calories from Fat:** 240

### % Daily Values\*

<b>Total Fat</b> 28g	43%
Saturated Fat 11g	54%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 336mg	14%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber 2g	7%
<b>Protein</b> 5g	

<b>Vitamin A</b>	12%
<b>Vitamin C</b>	9%
<b>Calcium</b>	7%
<b>Iron</b>	5%

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