

## **Air Fryer Broccoli**

### **Ingredients:**

12 oz frozen broccoli  
Olive oil spray  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/8 teaspoon black pepper  
1/2 cup grated parmesan

### **Instructions:**

1. Preheat air fryer to 400 degrees Fahrenheit. Then, spray with the basket with olive oil.
2. Place broccoli in air fryer basket. Spray with more olive oil. Sprinkle parmesan, onion powder and pepper over the broccoli. Toss until well coated.
3. Air fry for 8-10 minutes or until the broccoli is crispy. Serve hot.

Source: LSU AgCenter

Serves: 4

Prep Time: 5 minutes

Cook Time: 8-10 minutes

*Find the video for this recipe and more at [LSUAgCenter.com/BuildAHealthyMeal](https://LSUAgCenter.com/BuildAHealthyMeal). The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at [www.ChooseLouisianaHealth.com](https://www.ChooseLouisianaHealth.com)*

## **Nutrition Facts**

4 servings per container  
**Serving size** **3/4 cup**

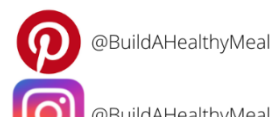
**Amount per serving**  
**Calories** **80**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 3g          | <b>4%</b>      |
| Saturated Fat 1.5g           | <b>8%</b>      |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 10mg      | <b>3%</b>      |
| <b>Sodium</b> 210mg          | <b>9%</b>      |
| <b>Total Carbohydrate</b> 6g | <b>2%</b>      |
| Dietary Fiber 2g             | <b>7%</b>      |
| Total Sugars 2g              |                |
| Includes 0g Added Sugars     | <b>0%</b>      |
| <b>Protein</b> 5g            |                |
| Vitamin D 0mcg               | <b>0%</b>      |
| Calcium 117mg                | <b>10%</b>     |
| Iron 0mg                     | <b>0%</b>      |
| Potassium 26mg               | <b>0%</b>      |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Check out our social medias for the newest content!



Visit our website: [www.LSUAgCenter.com](https://www.LSUAgCenter.com)

The LSU AgCenter and LSU provide equal opportunities in programs and employment