FRUITS & VEGGIES

Romanesco Broccoli Doesn't just Look Cool, but It's a Nutritional Powerhouse

By bestfolkmedicine · 30/03/2021 · 1 min read



Romanesco broccoli is indeed a very cool veggie, if not the coolest out there.

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Its mathematical patterns make it a fractal and it's a part of the brassica family. Its relatives are the well-known cauliflower, kale, and cabbage.

It boasts a similar taste to broccoli. But, it's definitely funkier and funnier in terms of appearance. Often times, this is why even the pickiest of eaters love to consume it!

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Similarly to broccoli, you can prep it in some pretty fun ways. You can blanch it and mix it into salads, charcuterie boards, and even to noodles.

It's also a great combo with pasta or roasted with some olive oil. What matters is to not overcook it, but to cook it shortly and keep its unique shape intact.

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It pairs awesomely with garlic, chili peppers, and even wine.

And, it will also help you stay healthy. Here's how!

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The Amazing Health Benefits of Romanesco Broccoli

Like all of its relatives, this broccoli is abundant in vitamins A and C, as well as minerals like magnesium, potassium, phosphorus, and iron.

The vitamins which it contains help impede cell aging genes and thus, it's considered a potent youth elixir.

It's dense and filling as potatoes, but it's much lighter in terms of carbs. Being rich in protein, it's amazing when you want to satisfy your belly, without worrying about all of the calories.

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Moreover, since it's rich in folate and iron, it's an amazing veggie to improve the production of red blood cells and may be helpful in boosting the reproductive health.

Thanks to its fiber, phytochemicals, and protective carotenoids, it may keep your body safe from molecular degeneration.

Sources:

BON APPETIT

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