



Almond Broccoli Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

269 kcal

SIDE DISH

Ingredients

- ☐ 6 cups broccoli florets
- ☐ 0.5 cup celery chopped
- ☐ 10 slices bacon crumbled cooked
- ☐ 3 green onions sliced
- ☐ 0.3 cup honey
- ☐ 3.8 ounce honey roasted almonds sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.7 cup mayonnaise

☐ 0.5 cup raisins

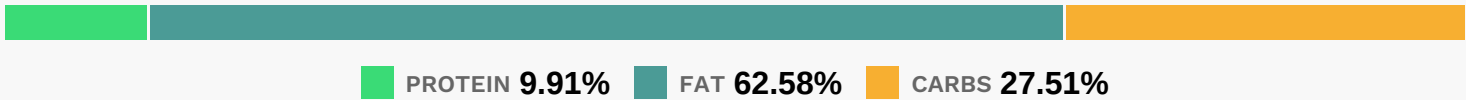
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, combine first 5 ingredients.
- ☐ In a small bowl, stir together mayonnaise, honey, and lemon juice.
- ☐ Pour over broccoli mixture, tossing gently to coat. Stir in almonds just before serving.

Nutrition Facts



Properties

Glycemic Index:26.71, Glycemic Load:7.62, Inflammation Score:-6, Nutrition Score:14.864782650834%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 268.52kcal (13.43%), Fat: 19.54g (30.07%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 15.9g (5.78%), Sugar: 8.62g (9.58%), Cholesterol: 14.19mg (4.73%), Sodium: 254.35mg (11.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin K: 88.96µg (84.73%), Vitamin C: 50.55mg (61.27%), Vitamin E: 3.71mg (24.71%), Manganese: 0.4mg (19.88%), Fiber: 3.44g (13.75%), Vitamin B2: 0.23mg (13.46%), Phosphorus: 129.79mg (12.98%), Magnesium: 46.51mg (11.63%), Folate: 44.63µg (11.16%), Potassium: 382.2mg (10.92%), Selenium: 6.35µg (9.08%), Copper: 0.18mg (8.87%), Vitamin B6: 0.18mg (8.82%), Vitamin B3: 1.7mg (8.51%), Vitamin A: 411.59IU (8.23%), Vitamin B1: 0.12mg (7.89%), Iron: 1.19mg (6.6%), Calcium:

63.57mg (6.36%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.11µg (1.75%)