



Alyson's Broccoli Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



627 kcal

SIDE DISH

Ingredients

- ☐ 10 slices bacon
- ☐ 1 head broccoli fresh cut into bite size pieces
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup raisins
- ☐ 0.3 cup onion red chopped
- ☐ 1 cup sunflower seeds
- ☐ 2 tablespoons sugar white
- ☐ 3 tablespoons citrus champagne vinegar

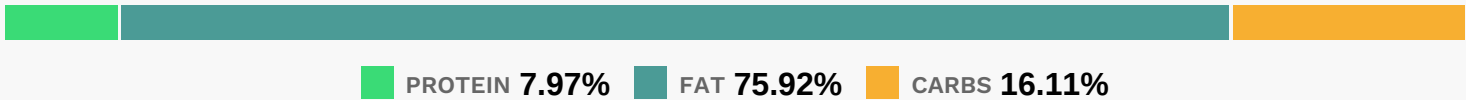
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise.
- ☐ Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.
- ☐ Before serving, toss salad with crumbled bacon and sunflower seeds.

Nutrition Facts



Properties

Glycemic Index:42.98, Glycemic Load:9.95, Inflammation Score:-8, Nutrition Score:28.310434828634%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 7.99mg, Kaempferol: 7.99mg, Kaempferol: 7.99mg, Kaempferol: 7.99mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 626.91kcal (31.35%), Fat: 54.43g (83.74%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 20.5g (7.45%), Sugar: 6.8g (7.55%), Cholesterol: 39.88mg (13.29%), Sodium: 519.54mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.73%), Vitamin K: 164.24µg (156.42%), Vitamin C: 91.89mg (111.38%), Vitamin E: 10.03mg (66.86%), Manganese: 0.7mg (34.97%), Vitamin B1: 0.52mg (34.93%), Selenium: 22.73µg (32.47%), Vitamin B6: 0.61mg (30.45%), Folate: 118.03µg (29.51%), Phosphorus: 286.52mg (28.65%), Magnesium: 103.23mg (25.81%), Copper: 0.51mg (25.71%), Fiber: 5.49g (21.96%), Vitamin B3: 4.13mg (20.63%), Potassium: 656.76mg (18.76%), Vitamin B2: 0.26mg (15.25%), Iron: 2.5mg (13.91%), Zinc: 2.06mg

(13.71%), Vitamin A: 680.44IU (13.61%), Vitamin B5: 1.11mg (11.14%), Calcium: 75.27mg (7.53%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.22µg (1.48%)