



Bacon Broccoli Salad with Raisins and Sunflower Seeds

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



459 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 4 heads broccoli cut into bite-size pieces
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 1.5 cups raisins
- ☐ 0.3 cup granular sucralose sweetener splenda® such as
- ☐ 1.5 cups sunflower seeds unsalted

- ☐ 0.3 cup sugar white
- ☐ 2 tablespoons citrus champagne vinegar

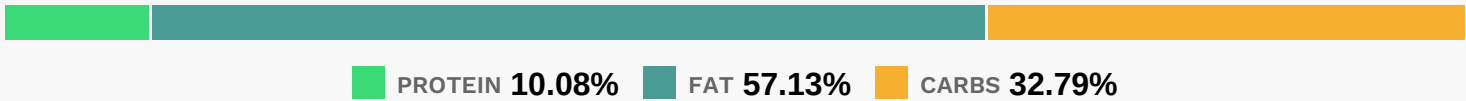
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon slices on paper towels and crumble.
- ☐ Toss bacon, broccoli, raisins, sunflower seeds, and onion together in a large bowl.
- ☐ Whisk mayonnaise, sugar, sweetener, and vinegar in another bowl until smooth.
- ☐ Pour over broccoli mixture and toss to coat. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.66, Glycemic Load:15.64, Inflammation Score:-9, Nutrition Score:30.030000033586%

Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 15.93mg, Kaempferol: 15.93mg, Kaempferol: 15.93mg, Kaempferol: 15.93mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 459.3kcal (22.97%), Fat: 30.95g (47.62%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 31.9g (11.6%), Sugar: 11.78g (13.09%), Cholesterol: 20.31mg (6.77%), Sodium: 317.62mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Vitamin K: 237.17µg (225.88%), Vitamin C:

182.5mg (221.21%), Vitamin E: 8.17mg (54.44%), Folate: 168.45µg (42.11%), Manganese: 0.81mg (40.7%), Vitamin B6: 0.67mg (33.69%), Fiber: 8.06g (32.22%), Vitamin B1: 0.47mg (31.28%), Phosphorus: 291.17mg (29.12%), Potassium: 950.11mg (27.15%), Magnesium: 105.66mg (26.41%), Selenium: 18.34µg (26.2%), Vitamin A: 1290.25IU (25.8%), Copper: 0.47mg (23.51%), Vitamin B2: 0.35mg (20.65%), Vitamin B3: 3.66mg (18.3%), Iron: 2.97mg (16.51%), Vitamin B5: 1.5mg (15.04%), Zinc: 1.96mg (13.1%), Calcium: 117.56mg (11.76%), Vitamin B12: 0.12µg (1.95%)