



## Barb's Broccoli-Cauliflower Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 slices bacon
- 1 head broccoli fresh diced
- 1 head cauliflower chopped
- 0.5 onion diced red
- 1 cup creamy salad dressing
- 0.8 cup sunflower seeds
- 0.3 cup sugar white
- 1.5 tablespoons citrus champagne vinegar

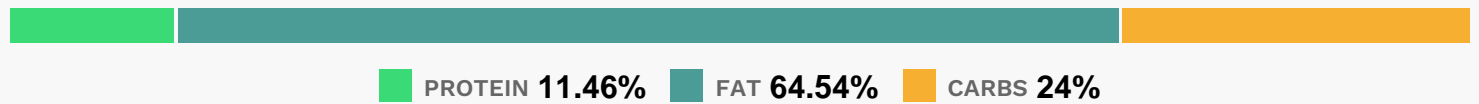
# Equipment

- frying pan
- whisk

# Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Combine the bacon, cauliflower, broccoli, onion and sunflower seeds or pecans.
- Whisk together the salad dressing, vinegar and sugar.
- Pour over salad and toss to coat. Refrigerate and allow to chill before serving.

# Nutrition Facts



# Properties

Glycemic Index:22.64, Glycemic Load:6.46, Inflammation Score:-8, Nutrition Score:23.729565179866%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 6.26mg, Kaempferol: 6.26mg, Kaempferol: 6.26mg, Kaempferol: 6.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

# Nutrients (% of daily need)

Calories: 352.63kcal (17.63%), Fat: 26.27g (40.42%), Saturated Fat: 6g (37.48%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 17.37g (6.32%), Sugar: 12.7g (14.11%), Cholesterol: 21.78mg (7.26%), Sodium: 558.49mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (20.99%), Vitamin C: 103.25mg (125.15%), Vitamin K: 105.14µg (100.13%), Vitamin E: 5.86mg (39.03%), Folate: 118.67µg (29.67%), Vitamin B6: 0.55mg (27.45%), Manganese: 0.54mg (26.96%), Vitamin B1: 0.38mg (25.06%), Selenium: 16.28µg (23.26%), Phosphorus: 218.84mg (21.88%), Magnesium: 73.8mg (18.45%), Fiber: 4.61g (18.44%), Potassium: 637.37mg (18.21%), Vitamin B3: 3.27mg (16.35%), Copper: 0.31mg (15.71%), Vitamin B5: 1.25mg (12.48%), Vitamin B2: 0.21mg (12.14%), Zinc: 1.56mg (10.38%), Vitamin A: 502.68IU (10.05%), Iron: 1.76mg (9.77%), Calcium: 68.61mg (6.86%), Vitamin B12: 0.17µg (2.75%)