



## Best Broccoli Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



386 kcal

SIDE DISH

## Ingredients

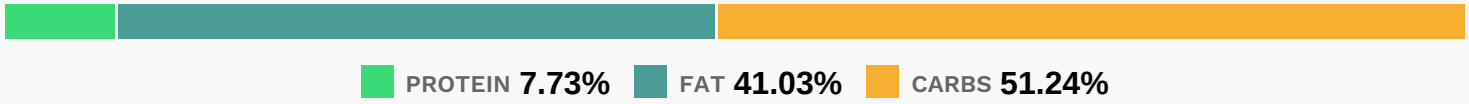
- ☐ 2 apples cored peeled chopped
- ☐ 1 large head broccoli fresh
- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 16 ounce catalina salad dressing
- ☐ 1 large head cauliflower
- ☐ 0.3 cup sunflower seeds

## Equipment

# Directions

- ☐ Cut broccoli and cauliflower into small to medium florets; combine with apples and oranges.
- ☐ Pour enough dressing over ingredients to coat; toss and sprinkle with sunflower seeds.
- ☐ Serve immediately or allow to chill and flavors to blend.

## Nutrition Facts



## Properties

Glycemic Index:19.33, Glycemic Load:5.02, Inflammation Score:-9, Nutrition Score:24.63913042649%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 8.53mg, Kaempferol: 8.53mg, Kaempferol: 8.53mg, Kaempferol: 8.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

## Nutrients (% of daily need)

Calories: 386.49kcal (19.32%), Fat: 18.03g (27.73%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 42.51g (15.46%), Sugar: 35.22g (39.14%), Cholesterol: 0mg (0%), Sodium: 1012.96mg (44.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin C: 178.38mg (216.22%), Vitamin K: 126.39µg (120.38%), Folate: 164.96µg (41.24%), Fiber: 8.15g (32.62%), Manganese: 0.6mg (29.81%), Vitamin B6: 0.58mg (29.11%), Vitamin A: 1349.69IU (26.99%), Potassium: 922.43mg (26.36%), Vitamin E: 3.71mg (24.72%), Vitamin B1: 0.31mg (20.55%), Phosphorus: 190mg (19%), Magnesium: 75.22mg (18.81%), Vitamin B5: 1.64mg (16.36%), Vitamin B2: 0.26mg (15.35%), Copper: 0.28mg (13.8%), Vitamin B3: 2.26mg (11.32%), Selenium: 7.53µg (10.75%), Iron: 1.93mg (10.73%), Zinc: 1.47mg (9.77%), Calcium: 94.11mg (9.41%)