



WHATSheATE



HEALTH SCORE

70%

Blue Cheese Broccoli Salad



Vegetarian



Vegan



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients



1 cup cheese dressing blue



2 heads broccoli fresh with stalks



6 servings pepper white to taste



6 servings salt to taste



2 tomatoes seeded coarsely chopped

Equipment



bowl



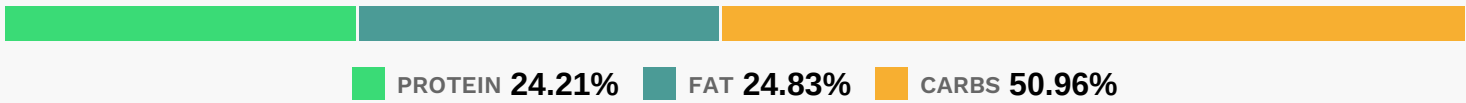
pot

☐ peeler

Directions

- ☐ Cut the florets from the broccoli. With a vegetable peeler, peel the stalks, and slice 1/2 inch thick. Bring a large pot of water to a boil. Immerse the broccoli florets and stalks in the boiling water for 1 to 2 minutes, until bright green.
- ☐ Drain and cool.
- ☐ In a bowl, mix the broccoli, tomatoes, and blue cheese dressing. Season with salt and white pepper.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:3.04, Inflammation Score:-9, Nutrition Score:21.799130476039%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 15.93mg, Kaempferol: 15.93mg, Kaempferol: 15.93mg, Kaempferol: 15.93mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 122.63kcal (6.13%), Fat: 3.81g (5.87%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 11.32g (4.12%), Sugar: 5.68g (6.31%), Cholesterol: 0.41mg (0.14%), Sodium: 646.24mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Vitamin C: 186.94mg (226.59%), Vitamin K: 212.16µg (202.06%), Folate: 135.26µg (33.81%), Vitamin A: 1605.37IU (32.11%), Manganese: 0.56mg (27.94%), Fiber: 6.29g (25.14%), Potassium: 741.14mg (21.18%), Vitamin B6: 0.4mg (19.88%), Phosphorus: 181.01mg (18.1%), Vitamin B2: 0.29mg (16.96%), Calcium: 141.12mg (14.11%), Magnesium: 51.73mg (12.93%), Vitamin E: 1.9mg (12.7%), Vitamin B5: 1.2mg (11.98%), Iron: 2.08mg (11.57%), Vitamin B1: 0.17mg (11.18%), Selenium: 5.78µg (8.26%), Vitamin B3: 1.56mg (7.82%), Copper: 0.15mg (7.3%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.09µg (1.57%)