



Broccoli and Almond Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

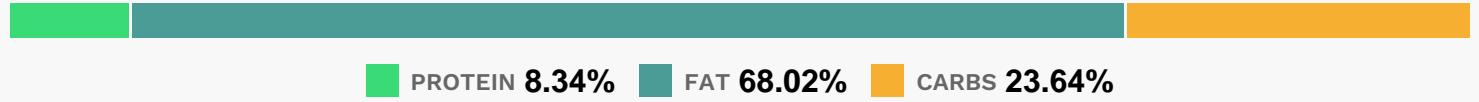
- 0.3 cup broccoli florets
- 2 Tbsp carrots shredded
- 0.3 cup cherry tomatoes
- 0.3 cup pepper strips red
- 2 Tbsp classic ranch dressing kraft
- 2 cups torn salad greens mixed
- 1 Tbsp planters slivered almonds

Equipment

Directions

- Place all ingredients except dressing on serving plate.
- Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:120.83, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:21.603912937252%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 236.13kcal (11.81%), Fat: 18.7g (28.78%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 10.91g (3.97%), Sugar: 6.14g (6.83%), Cholesterol: 7.8mg (2.6%), Sodium: 324.99mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin A: 7422.28IU (148.45%), Vitamin C: 96.8mg (117.33%), Vitamin K: 70.23µg (66.89%), Vitamin E: 4.4mg (29.32%), Manganese: 0.53mg (26.51%), Folate: 77.21µg (19.3%), Phosphorus: 180.73mg (18.07%), Potassium: 557.79mg (15.94%), Vitamin B2: 0.26mg (15.53%), Vitamin B6: 0.31mg (15.29%), Fiber: 3.72g (14.9%), Magnesium: 53.5mg (13.38%), Copper: 0.21mg (10.38%), Vitamin B3: 1.82mg (9.11%), Iron: 1.63mg (9.08%), Vitamin B1: 0.12mg (7.9%), Vitamin B5: 0.76mg (7.61%), Calcium: 73mg (7.3%), Zinc: 0.84mg (5.61%), Selenium: 2.6µg (3.72%)