



Broccoli and Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 pound broccoli
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 pound fuji apple chopped
- ☐ 0.3 teaspoon salt
- ☐ 2.5 tablespoons sugar

☐ 0.3 cup onion sweet minced

Equipment

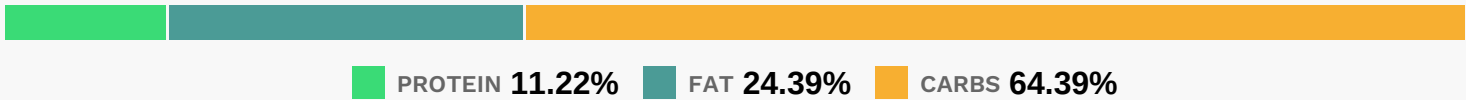
☐ bowl

☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- ☐ Coarsely chop broccoli into 1 1/2-inch pieces, and place in bowl with vinegar mixture.
- ☐ Add chopped apple and minced onion, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:29.76, Glycemic Load:4.64, Inflammation Score:-6, Nutrition Score:11.216956314833%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 75.31kcal (3.77%), Fat: 2.21g (3.4%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 10.35g (3.76%), Sugar: 8.25g (9.16%), Cholesterol: 0mg (0%), Sodium: 138.62mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin C: 64.78mg (78.52%), Vitamin K: 74.44µg (70.89%), Folate: 46.93µg (11.73%), Manganese: 0.22mg (11.12%), Fiber: 2.76g (11.04%), Vitamin A: 460.25IU (9.2%), Potassium: 275.83mg (7.88%), Vitamin B6: 0.15mg (7.26%), Vitamin E: 0.93mg (6.17%), Phosphorus: 56.39mg (5.64%), Vitamin B2: 0.09mg (5.57%), Magnesium: 19.33mg (4.83%), Selenium: 3.11µg (4.45%), Vitamin B5: 0.44mg (4.41%), Vitamin B1: 0.06mg (4.29%), Calcium: 39.8mg (3.98%), Iron: 0.66mg (3.67%), Copper: 0.05mg (2.54%), Vitamin B3: 0.51mg (2.54%), Zinc: 0.34mg (2.26%)