



## Broccoli and Cauliflower Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 bunch broccoli cut into small florets ( 1 1/2 cups)
- 0.5 small head cauliflower cut into small florets ( 1 1/2 cups)
- 2 slices bacon crisp cooked cut in small pieces, to
- 1 teaspoon dijon mustard
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup mayonnaise
- 0.3 onion red thinly sliced
- 1 tablespoon red wine vinegar

- 0.5 teaspoon seafood seasoning such as old bay
- 2 tablespoons sugar
- 2 tablespoons vegetable oil

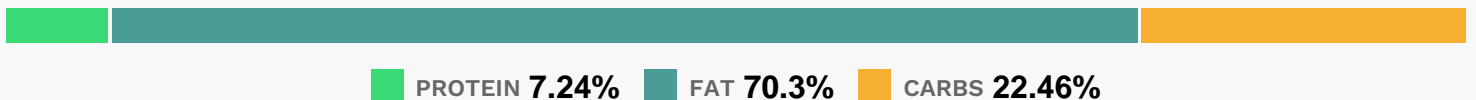
## Equipment

- bowl
- whisk

## Directions

- Watch how to make this recipe.
- Shock the onions in an ice water bath for 10 minutes to temper the sharp flavor, and pat dry.
- Place the bacon, broccoli, cauliflower and onions in a large salad bowl. In a small bowl, whisk the sugar, vinegar and Dijon mustard.
- Slowly drizzle in the oil, whisking to make an emulsion.
- Mix in the mayonnaise and seafood seasoning. Season with salt and pepper.
- Pour the dressing over the vegetables and toss.

## Nutrition Facts



## Properties

Glycemic Index:68.77, Glycemic Load:5.68, Inflammation Score:-7, Nutrition Score:15.31608687406%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 6.12mg, Kaempferol: 6.12mg, Kaempferol: 6.12mg, Kaempferol: 6.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

## Nutrients (% of daily need)

Calories: 236.5kcal (11.82%), Fat: 19.14g (29.45%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 10.9g (3.96%), Sugar: 8.31g (9.23%), Cholesterol: 9.84mg (3.28%), Sodium: 205.59mg (8.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin K: 120.2µg (114.48%), Vitamin C: 84.32mg (102.21%), Folate: 69.22µg (17.3%), Manganese: 0.26mg (12.94%), Vitamin B6: 0.23mg (11.46%), Fiber: 2.86g (11.45%), Vitamin E: 1.66mg (11.08%), Potassium: 378.5mg (10.81%), Vitamin A: 492.21IU (9.84%), Phosphorus: 87.42mg (8.74%), Vitamin B5: 0.74mg (7.39%), Vitamin B2: 0.13mg (7.37%), Selenium: 4.97µg (7.1%), Vitamin B1: 0.1mg (6.71%), Magnesium: 24.48mg (6.12%), Vitamin B3: 1.1mg (5.49%), Iron: 0.91mg (5.08%), Calcium: 50.15mg (5.02%), Zinc: 0.57mg (3.83%), Copper: 0.06mg (3.24%), Vitamin B12: 0.06µg (1.01%)