



Broccoli, Bacon and Cheddar Toss

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 3 cups broccoli florets fresh
- ☐ 2 oz cheddar cheese shredded
- ☐ 0.3 cup raisins
- ☐ 0.3 cup onion red chopped
- ☐ 4 slices oz. bacon into pieces
- ☐ 0.5 cup salad dressing
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons juice of lemon

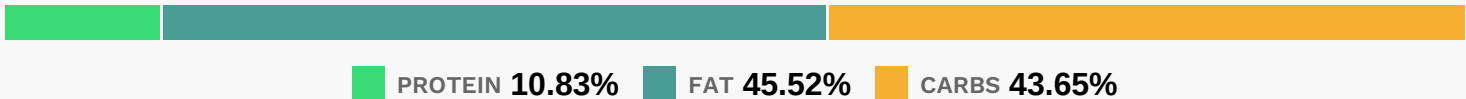
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ In large bowl, mix all salad ingredients except bacon.
- ☐ In small bowl, mix all dressing ingredients until well blended.
- ☐ Pour dressing over salad; toss gently to coat.
- ☐ Just before serving, heat bacon slices as directed on package until crisp.
- ☐ Drain on paper towels; crumble. Stir bacon into salad.

Nutrition Facts



Properties

Glycemic Index:26.86, Glycemic Load:5.23, Inflammation Score:-4, Nutrition Score:6.8608696110871%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 109.26kcal (5.46%), Fat: 5.79g (8.91%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.11g (4.04%), Sugar: 5.43g (6.03%), Cholesterol: 7.8mg (2.6%), Sodium: 220.39mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin K: 43.22µg (41.16%), Vitamin C: 31.68mg (38.4%), Calcium: 71mg (7.1%), Phosphorus: 63.27mg (6.33%), Folate: 24.37µg (6.09%), Vitamin A: 289.08IU (5.78%), Fiber: 1.39g (5.55%), Potassium: 184.12mg (5.26%), Manganese: 0.1mg (4.99%), Vitamin B2: 0.08mg (4.96%), Selenium: 3.23µg (4.62%), Vitamin B6: 0.09mg (4.6%), Vitamin E: 0.64mg (4.29%), Magnesium: 12.2mg (3.05%), Zinc: 0.43mg (2.87%), Iron: 0.47mg (2.6%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.24mg (2.35%), Copper: 0.04mg (2.12%), Vitamin B3: 0.32mg (1.58%), Vitamin B12: 0.08µg (1.25%)