



Broccoli-Bacon Salad

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup salad dressing
- 2 tablespoons sugar
- 2 tablespoons vinegar white
- 1 pound broccoli cut into flowerets (5 cups)
- 0.3 cup onion red chopped
- 0.3 cup onion yellow chopped
- 0.3 cup sunflower seeds
- 6 slices bacon crumbled cooked

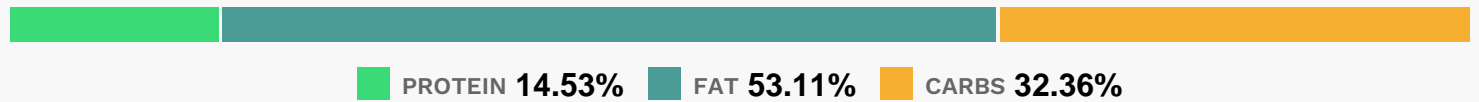
Equipment

bowl

Directions

- Mix mayonnaise, sugar and vinegar in large bowl. Stir in broccoli and onion;
- toss until coated. Cover and refrigerate 2 hours to blend flavors.
- Sprinkle with nuts and bacon before serving.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:4.17, Inflammation Score:-7, Nutrition Score:15.599130514523%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 164.44kcal (8.22%), Fat: 10.12g (15.57%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.2g (4.07%), Sugar: 8.1g (9.01%), Cholesterol: 7.92mg (2.64%), Sodium: 354.99mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin K: 88.13µg (83.93%), Vitamin C: 68.58mg (83.12%), Vitamin E: 3.02mg (20.12%), Folate: 62.83µg (15.71%), Manganese: 0.3mg (14.79%), Vitamin B6: 0.28mg (13.94%), Selenium: 9.41µg (13.45%), Vitamin B1: 0.19mg (12.74%), Phosphorus: 124.8mg (12.48%), Fiber: 2.67g (10.69%), Potassium: 350.93mg (10.03%), Magnesium: 38.87mg (9.72%), Vitamin A: 484.05IU (9.68%), Vitamin B3: 1.83mg (9.15%), Copper: 0.16mg (7.77%), Vitamin B2: 0.13mg (7.72%), Vitamin B5: 0.6mg (6.02%), Zinc: 0.87mg (5.81%), Iron: 1mg (5.58%), Calcium: 46.74mg (4.67%), Vitamin B12: 0.09µg (1.45%)