



Broccoli-Bacon Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



357 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

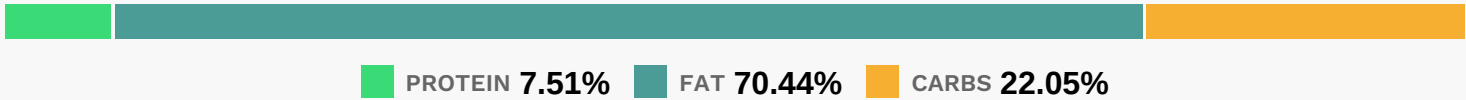
- ☐ 12 slices bacon crispy
- ☐ 1 bunch broccoli
- ☐ 1 cup mayonnaise ()
- ☐ 0.5 cup raisins
- ☐ 1 small onion red thinly sliced
- ☐ 1 cup roasted sunflower seeds whole
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons vinegar

Equipment

Directions

- ☐
- To make salad;Completely chop broccoli,bitesize pieces.2
- ☐
- Add onion,crumble bacon and add sunflower seed and raisins.3 To make dressing;
- ☐
- Combine mayo,sugar and vinegar,mix until sugar is dissolved.4
- ☐
- Add vegetables.Toss.5
- ☐
- Let salad steep for a while before serving.

Nutrition Facts



Properties

Glycemic Index:23.99, Glycemic Load:9.26, Inflammation Score:-6, Nutrition Score:15.940869634566%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 356.61kcal (17.83%), Fat: 28.72g (44.19%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 17.15g (6.24%), Sugar: 10.02g (11.14%), Cholesterol: 22.36mg (7.45%), Sodium: 365.55mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Vitamin K: 82.49µg (78.56%), Vitamin C: 46.32mg (56.15%), Vitamin E: 5.19mg (34.61%), Selenium: 15.06µg (21.52%), Phosphorus: 204.47mg (20.45%), Manganese: 0.37mg (18.69%), Folate: 61.1µg (15.28%), Copper: 0.26mg (13.16%), Vitamin B6: 0.26mg (13.01%), Vitamin B5: 1.24mg (12.39%), Fiber: 3.08g (12.31%), Vitamin B1: 0.15mg (9.7%), Potassium: 325.18mg (9.29%), Vitamin B3: 1.75mg (8.76%), Magnesium: 30.51mg (7.63%), Vitamin B2: 0.13mg (7.48%), Zinc: 1.11mg (7.39%), Vitamin A: 337.12IU (6.74%), Iron: 1.16mg (6.45%), Calcium: 40.24mg (4.02%), Vitamin B12: 0.13µg (2.21%)