



## Broccoli-Carrot Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1.5 pounds broccoli fresh
- ☐ 8 slices bacon crumbled cooked
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons red wine vinegar
- ☐ 4 ounces cheddar cheese shredded
- ☐ 2 tablespoons sugar
- ☐ 1 cup scraped shredded sliced
- ☐ 1 cup scraped shredded sliced

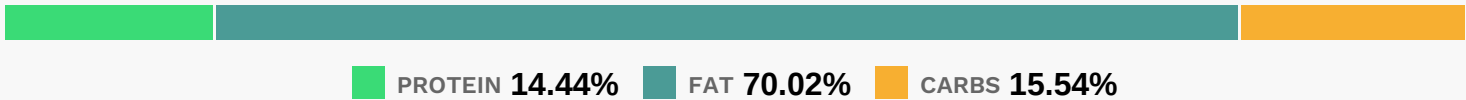
# Equipment

- ☐ slotted spoon

# Directions

- ☐ Remove broccoli leaves and cut off tough ends of stalks; discard. Wash broccoli thoroughly and cut into flowerets. Blanch broccoli in boiling water 10 seconds. Plunge into ice water to stop cooking; drain well.
- ☐ Combine broccoli, carrot, and cheese, tossing gently.
- ☐ Combine mayonnaise, sugar, and vinegar; stir well.
- ☐ Add mayonnaise mixture to broccoli mixture and toss gently.
- ☐ Spoon broccoli mixture onto lettuce-lined salad plates, if desired, using a slotted spoon.
- ☐ Sprinkle with bacon and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:22.39, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:16.010000021561%

# Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

# Nutrients (% of daily need)

Calories: 231.18kcal (11.56%), Fat: 18.42g (28.34%), Saturated Fat: 5.42g (33.85%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.57g (5.07%), Cholesterol: 27.97mg (9.32%), Sodium: 344.2mg (14.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin K: 109.91µg (104.68%), Vitamin C: 75.87mg (91.96%), Phosphorus: 155.13mg (15.51%), Selenium: 10.53µg (15.05%), Folate: 57.26µg (14.31%), Calcium: 142.29mg (14.23%), Vitamin A: 683.94IU (13.68%), Vitamin B2: 0.18mg (10.81%), Vitamin B6: 0.2mg (10.13%), Potassium: 322.94mg (9.23%), Manganese: 0.18mg (9.17%), Fiber: 2.21g (8.85%), Vitamin E: 1.26mg (8.42%), Zinc: 1.14mg (7.57%), Vitamin B1: 0.11mg (7.38%), Vitamin B3: 1.39mg (6.95%), Vitamin B5: 0.66mg (6.59%), Magnesium: 24.36mg (6.09%), Vitamin B12: 0.25µg (4.24%), Iron: 0.76mg (4.2%), Copper: 0.06mg (2.89%)